

Hafa Adai!

'Multiple federal agencies involved slow down construction phase' **PAGE 3**
Military personnel, Tinian leaders collaborate on beautification task. **PAGE 5**

\$1

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXXII, Issue No. 157

www.saipantribune.com

TUESDAY AUGUST 9, 2022

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\$300 CUC voucher a month for 3 months

» Each residential customer will get \$900 total CUC voucher
» Finance will give \$9M in ARPA money to CUC for the new voucher program

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres announced yesterday morning that the administration will be giving residential customers of the Commonwealth Utilities Corp. \$300 monthly vouchers for their electric bills in August, September, and October 2022, for a total of \$900 each.



Torres



Atalig

In response to *Saipan Tribune's* inquiry for more details about the new voucher pro-

gram, Finance Secretary David DLG Atalig disclosed yesterday afternoon that he will be giving \$9 million more to CUC from the American Rescue Plan Act funding under the Household Assistance Section.

Instead of giving away a lump sum CUC voucher—like they did in the past—to
See \$300 on Page 4

Visitor arrivals up 1,618% in June

According to the Marianas Visitors Authority, arrivals to the islands of Saipan, Tinian and Rota grew 1,618% to 10,411 visitors in June 2022, compared to 606 visitors received in June 2021. The figure marks the first month of arrivals exceeding 10,000 visitors since the start of the coronavirus pandemic in 2020.

The figure is about one-third the number of average monthly arrivals prior to the pandemic, but it marks continued growth from the primary source market of South Korea since July 2021 at the implementation of the MVA's Tourism Resumption Investment Plan.

A total of 7,335 visitors

arrived from South Korea in June 2022, compared to only two visitors in June 2021. Also, there were 54 flights to the Marianas in the month compared to 2021, including increased flight service by

See VISITOR on Page 4

COMMUNITY VULNERABILITY

LEGEND:

- Red: Least safe
- Orange
- Yellow
- Blue
- Green: Safest

Source: Office of the Governor



State-of-the-art COTA building unveiled

Gov. Ralph DLG Torres, seventh from left; first lady Diann T. Torres, eighth from left; Federal Transit Administration Region IX administrator Ray Tellis, fourth from left; and special assistant for public transportation Alfreda Camacho Maratita, fifth from left, lead the ribbon-cutting and blessing of the Commonwealth Office of Transit Authority Building in Lower Base yesterday morning. Also in the photo are House of Representatives Speaker Edmund S. Villagomez (Ind-Saipan), second from right, Fr. Rey D. Rosal, and some lawmakers and government officials.

FERDIE DE LA TORRE

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres and

Federal Transit Administration Region 9 administrator Ray Tellis led the ribbon-cutting yes—
See COTA on Page 4

INSIDE



BUSINESS

Skipper's Beach Bar at the Hyatt Regency Saipan is temporarily closed for an upgrade.

PAGE 11



NATION

President Joe Biden is expected to visit and inspect the damage from storms in Kentucky.

PAGE 12



WORLD

Cuban firefighters battled for a second day to control a large fire blazing at a big oil tank farm.

PAGE 13



SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.



GOT A NEWS TIP?

TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

Local

22 PSS student interns certified in suicide intervention training



The Community Guidance Center certifies 22 student interns from the CNMI Public School System in Question, Persuade, Refer, or QPR, on Aug. 1, 2022. CONTRIBUTED PHOTO

to help.

“QPR equips individuals with the tools in knowing how to respond to someone who might be at risk of suicide ideation and behavior,” said prevention specialist Fred Fatialofa. “This training also helps raise awareness about the importance of reaching out to appropriate professional services available in our community when encountering someone dealing with thoughts and behaviors of suicide.”

Since 2018, CGC QPR trainers have certified 1,563 individuals in the CNMI (1,324 from Saipan, 104 from Tinian, and 135 from Rota).

For more information on QPR, visit www.qprinstitute.com. For more information and to request QPR training, visit <https://chcc.health/communitysupporttraining.php>, or call the CGC Suicide Prevention Program at (670) 323-6560. (PR)

The Commonwealth Healthcare Corp.’s Community Guidance Center certified 22 student interns from the CNMI Public School System in Question, Persuade, Refer, or QPR, last Aug. 1, 2022.

QPR is an evidence-based suicide intervention training program that teaches participants how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone

Tina and Leila release unique video tribute

Democratic gubernatorial candidate Rep. Christina “Tina” Sablan and her running mate, Rep. Leila Fleming Staffler, have released a campaign video with a different twist. The video features the Northern Marianas Democratic Party candidates singing the Commonwealth’s official anthem, “*Gi Talo Gi Halom Tasi*” and “*Satil Matawal Pacifico*” against the backdrop of beautiful scenes of Saipan, Tinian, Rota, and the Northern Islands. Wearing traditional mestiza dresses, Sablan and Staffler sing the anthem a capella.

“This music video is our tribute to the people and islands of the Marianas—to our traditions, our history, and our future,” said Sablan. “Leila and I are running for governor and lieutenant governor because we love the Marianas, and we know we can help make it a better place for everyone.”

“A lot of love went into making this video,” added Staffler. “We wanted to remind people of how blessed we are to call the Marianas our home. We think that’s something we can all agree on, regardless of politics.”

While filming for another video, the candidates discovered by chance that they both like to sing and that they har-

monize well together. They also both share a special fondness for the CNMI anthem.

“Everyone who knows me knows the anthem is my favorite song,” said Staffler.

Sablan said she used to sing the anthem whenever she felt homesick, while living away for school. “Singing it helped me feel connected to the islands and my family, despite the distance.”

The CNMI anthem is uniquely comprised of two versions, Chamorro (“*Gi Talo Gi Halom Tasi*”) and Carolinian (“*Satil Matawal Pacifico*”). According to the NMI

Humanities Council, the Chamorro lyrics are believed to have been composed sometime after World War II, by brothers Jose and Joaquin Pangelinan. The Carolinian lyrics

were written by David Kapileo Peter “Taulamwaar” with help from David Marciano, just before the signing of the Covenant with the United States. The songs were adopted as the official CNMI anthem on Oct. 3, 1996, with the enactment of Public Law 10-28.

To view the music video, go to the Sablan-Staffler YouTube channel, Facebook, or Instagram (@sablanstaffler), or visit www.sablanstaffler.com. (PR)



Sablan



Staffler

Hafa Adai!

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER



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FB Video
FB Stories (Poll, Swipe Up)

FACEBOOK

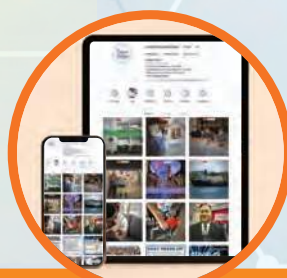


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'Multiple federal agencies involved slow down construction phase'

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

Construction work on many of

CNMI Judiciary getting \$303K for viability study for a veterans' mental health court

The CNMI Judiciary is receiving \$303,000 in federal funds to be used to study the viability of a veterans' mental health treatment court in the Marianas.

Delegate Gregorio Kilili C. Sablan (D-MP) disclosed in

the buildings that will be built at the As Terlaje campus of the Northern Marianas College is taking so long to start because

several federal grant agencies are involved, according to NMC president Dr. Galvin Deleon Guerrero.

"So it's just making sure everything is calibrated because what we don't want to end up doing is having to pay back any money because we weren't following grantor requirements," said Deleon Guerrero in an interview shortly after the groundbreaking ceremony last Tuesday for the hazard elimination project at the intersection of Chalan Monsignor Road and Antonio Apa road near NMC.

Keep in mind that these new facilities are something that have never been attempted in the entire Marianas because they will be using federal funds and working with multiple federal grant agencies, he added. That involves the U.S. Economic Development Admin-

istration, U.S. Department of Education, Community Development Block Grant-Disaster Recovery, and Federal Emergency Management Agency.

While there's not much of a problem with local agencies, Deleon Guerrero said that getting all these federal agencies to "kind of work in concert" is challenging. He said it's a lot of alignment because different federal agencies and grant agencies have different grant requirements.

"...I call it hurry up and wait. We hurry up with a lot

of everyone, with a lot of the agencies and then it's like, maybe one agency, there is always this," he said.

For NMC's first building, the Student Center, Deleon Guerrero said their goal to have a groundbreaking is this coming semester. The Student Center is included in the seven-phase facilities master plan that the NMC Board of Regents approved last year. The plan includes conceptual designs and proposed constructions of new classrooms, offices, and other facilities.

CUC ADVISORIES

Power service interruptions on Aug. 9 and 10

There will be scheduled power service interruptions on Aug. 9 and 10, 2022, as the Commonwealth Utilities Corp. continues its ongoing system maintenance.

TUESDAY, AUGUST 9, 2022

■ Time: 9am to 1pm

■ Area(s) affected: Capitol Hill (Ascencion Dr., Guguan Drive, Mednilla Av., Acho St., Ascencion Ct., Anatahan Dr., Tano Ct., Pajaron Lp., Managaha Pl., Farallon Pl.). Wireless (Chalan Savana, Schap Faluw Pl., Agrigan Ln., Punta Ln., Marianas Ln., Kantit Ln., & Sari-guan Dr.).

■ Purpose: To replace two burnt primary power poles along Capitol Hill Road.

■ Circuit: Feeder 4

■ Water well(s) affected: None

■ Wastewater facility affected: None

WEDNESDAY, AUGUST 10, 2022

■ Time: 8:30am to 12:30pm

■ Area(s) Affected: San Vicente (Nativo Dr., Kalahi Ln., Lupok Way, Abaniku Ln., Anka Pl., Kommat Way, & Lamas Pl.).

■ Purpose: To perform line clearing work along Kommat Way in San Vicente.

■ Circuit: Kiya 1

■ Water well(s) affected: None

■ Wastewater facility affected: None

CUC continues to work diligently to minimize any inconvenience to its customers. For more information, contact the CUC Customer Hotline (236-4333) or monitor our Facebook page for the latest updates f <https://www.facebook.com/CommonwealthUtilitiesCorporation/>.

Water service interruption in Gualo Rai on Aug. 11

There will be a scheduled water service interruption for Commonwealth Utilities Corp. customers in the areas of Gualo Rai (MacArthur Drive, Gualo Rai Road, Historia Earhart Drive, Isley Place, Rai Drive and Espana Street) on Thursday, August 11, 2022, from 8:30am to 4pm.

The scheduled water interruption is due to a possible

6-inch mainline leak located on MacArthur drive near the Gualo Rai reservoirs. Customers should expect restoration of water services soon after the repairs.

Sablan said the grant fund-

ing is from an earmark request that he had included in the Appropriations Subcommittee on Commerce, Justice, and Science bill for fiscal year 2022.

"With the help of federal funding, this project is hopefully the first major step toward the permanent establishment of a veterans' mental health court that can serve the specific needs of the veteran population in our islands," he said. *(Ferdie de la Torre)*

CUC appreciates the public's cooperation and understanding as we continue to provide reliable service to the people of the CNMI.

CUC continues to work diligently to minimize any inconvenience to its customers. For more information, contact the CUC Hotline (236-4333) or monitor our Facebook page for the latest updates (<https://www.facebook.com/CommonwealthUtilitiesCorporation/>). *(PR)*



PROCUREMENT AND SUPPLY
COMMONWEALTH HEALTHCARE CORPORATION
INVITATION TO BID (ITB)
ITB22-CHCC/THC/RHC-016A
"ADDENDUM"
RE-ANNOUNCEMENT

SUBMISSION DEADLINE: AUGUST 23RD, 2022 TIME: 10:00AM (CHST)

"LEASE OF PROVIDER'S HOUSING FOR TINIAN HEALTH CENTER-THC AND ROTA HEALTH CENTER-RHC"

INTERESTED PARTIES CAN DOWNLOAD THIS INVITATION TO BID FROM THE CHCC WEBSITE (WWW.CHCC.HEALTH). ONCE AT THE SITE, NAVIGATE TO **REQUEST FOR PROPOSALS** TAB ON THE LEFT NAVIGATION BAR. CLICK ON THE URL FOR THIS RFP. YOU WILL BE REQUIRED TO ENTER DATA TO ALLOW US TO TRACK ALL REQUESTS FOR THIS OPPORTUNITY.

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSAL AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.

/S/ ESTHER L. MUNA
CHCC CHIEF EXECUTIVE OFFICER

/S/ CORA P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY



NMPASI

NORTHERN MARIANAS PROTECTION & ADVOCACY SYSTEMS, INC.

JOB DESCRIPTION

POSITION:
PAY-LEVEL:
REPORTS TO:

PROGRAM AIDE
P.L. 22 / STEP 1-10
EXECUTIVE DIRECTOR

GENERAL JOB DESCRIPTION:

This is a non-exempt position responsible for the day-to-day administrative functions of the office and its programs. The Program Aide reports to the Executive Director and works within prescribed NMPASI standards, policies and procedures.

MINIMUM QUALIFICATIONS:

- ✓ At least a High School Diploma or its equivalence including a GED and other similar certificates;
- ✓ Must be proficient in computer usage including but not limited to word processing and spreadsheet applications;
- ✓ Must possess a valid CNMI driver's license; and
- ✓ Must be able to operate various office equipment including but not limited to telephones, faxes, and copier machines.

HOW TO APPLY:

Interested applicants may pick up a complete job description and application forms at the NMPASI office located on middle road approximately 100 yards north of the Gualo Rai traffic light intersection. Completed application packets must be submitted to the NMPASI Executive Director at the NMPASI Office. In order for applications to be considered they must include (1) a **Cover Letter**, (2) a **Resumé**, (3) **Completed Application forms**. Incomplete applications and/or applications which do not demonstrate that the applicant meets minimum qualifications as listed above or do not meet the deadline for submittal will not be considered. For further information, please feel free to contact **Mr. Gregory Borja** at (670) 235-7273/4 [voice] / (670) 287-0652 [message] or email at gborja@nmpasi.org. NMPASI is an **EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER**.

Deadline to submit applications will be on August 19, 2022 at 4pm



REGULAR BOARD MEETING NOTICE

Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority hereby gives notice that a **Regular Board of Directors Meeting** will be held on **Thursday, August 11, 2022 at 9:00 a.m.** at the **MVA Conference Room**.

MEETING AGENDA

- 1) Preliminary Matters
 - a. Call to Order
 - b. Roll Call
 - c. Adoption of Agenda
 - d. Adoption of Minutes
 - i. Regular Board Meeting Minutes – July 26, 2022
- 2) Public Comments
- 3) Committee Reports
 - a. Finance Committee
 - i. Fund Status
 - ii. Reprogramming of Funds
 - b. Tourism Resumption Investment Plan (TRIP)
 - i. Japan
 - ii. Korea
- 4) New Business
 - a. Sponsorship Request - 2nd Annual Beef, Beer, and Bands (BBB) Festival
 - i. Saipan Mayor Office – Floral Beautification Project
 - ii. Rota Mayor Office – Mt. Sabana 360 view lookout
 - iii. Tinian Mayor Office – Observation Deck at Carolinas Lookout
 - c. Contract Renewal
 - i. MVA Korea Office – TAMS Inc.
 - ii. MVA Taiwan Office – AVIAREPS Taiwan
 - d. Destination Enhancement Project - I'Chenchon Park Bird Sanctuary of Rota
- 5) Executive Session
 - a. Personnel
- 6) Miscellaneous/Announcements
- 7) Adjournment

/s/ Viola Alepuyo
Chairperson, MVA Board of Directors



CNMI DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

INVITATION TO BID ITB NO.: ITB22-BECQ-DEQ-42200145

SUBMISSION DATE: September 08, 2022 TIME: 09:00 A.M.

"PURCHASE OF ONE (1) CLASS "F" PICKUP TRUCK, DOUBLE CAB, FOR BECQ/DEQ"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT THE HORIZON BLDG, GROUND FLOOR, 123 KOPPA DI ORU & BEACH ROAD, GARAPAN, SAIPAN, DURING REGULAR WORKING HOURS.

****FOR SAFETY & OURS: ALL INTERESTED INDIVIDUALS ARE REQUIRED TO USE A FACE MASK & ARE REQUIRED TO REGISTER UPON ENTRY****

QUESTIONS REGARDING THIS ITB CAN BE MADE TO MRS. GLORIA S. CASTRO, VIA E-MAIL AT gloria.castro@becq.gov.mp

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ ELI D. CABRERA
ADMINISTRATOR, BECQ

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR, PS

AG Manibusan files candidacy

By **KIMBERLY B. ESMORES**
kimberly_esmores@saipantribune.com
REPORTER

Attorney General Edward Manibusan submitted yesterday his letter of intent to seek retention in the upcoming Nov. 8 general election.

Manibusan handed in his letter of intent to Commonwealth Election Commission executive director Kayla Igitol inside the CEC office in Susupe at around 10:45am.

Manibusan, who is running as non-partisan, said he seeks retention because there are still so many things that he needs to do as attorney general and he aims to continue the work that has been entrusted to him by the people.

"As I formally submit my petition to seek re-election as attorney general, I remind myself of the constitutional duties entrusted to the office by the people of the Commonwealth. The past four years have been challenging due to several typhoons and the pandemic and resulting turnover in personnel. Notwithstanding the challenges, the Office of the Attorney General provided substantial legal advice and services to the Executive Branch and the autonomous agencies as well as provided comments to the Legislature on legislation that would have affected the lives of our

citizens," Manibusan stated.

If re-elected, Manibusan said he will continue to perform the constitutional duties of the attorney general and the work he has started on behalf of the people of the Commonwealth as its chief legal officer.

"I will ensure that the Office of the Attorney General lives up to its commitment to the rule of law, continue to ensure its independence and continue to deliver legal services and advice to our government and to the people of the Commonwealth. I would like to thank the people of the Commonwealth for giving me the honor and privilege to serve in this important and honorable position," he said.

Manibusan noted that overall, the OAG's Civil and Criminal Division secured favorable decisions in both the Superior and Supreme courts and negotiated settlements in cases on terms favorable to the Commonwealth.

"The OAG's Criminal Division worked diligently to protect our citizens from unlawful activities by prosecuting those who violated our criminal laws. This division and the Victim Advocate Office worked on many different projects, coordinated and made regular contacts with law enforcement and investigators, and generally worked with victims of



KIMBERLY ESMORES

Attorney General Edward Manibusan chats with executive director Kayla Igitol of the Commonwealth Election Commission yesterday morning, soon after submitting his letter of intent to seek retention in the upcoming Nov. 8 general election.

crimes, including work to improve relationship with other agencies and the community," he said.

In addition, Manibusan said in his tenure, the Office of the Attorney General also worked at the national level, even participating in the multistate opioid litigation, partnering with numerous other attorneys general across the United States to negotiate a settlement with pharmaceutical companies involved in the distribution of OxyContin and other opioid derivative drugs.

The OAG office also submitted two amicus briefs before the U.S. Supreme Court, he noted.

"My office led the amicus brief before the U.S. Supreme Court in the Guam Ordot Dump case, which resulted in Guam's favor. We also

participated in the amicus brief in a Section 1983 claim in *Vega v. Tokeh* involving a failure to mirandize a defendant," he said.

Currently, Manibusan is running unopposed for the position of attorney general.

Japanese sailor is attacked at Solomon Islands memorial service

WELLINGTON, New Zealand (AP)—A Japanese sailor was attacked Monday in the Solomon Islands during a World War II memorial service that was also attended by U.S. Deputy Secretary of State Wendy Sherman.

Radio New Zealand reported that the victim was part of a Japanese navy media team and that he was stabbed in the neck with a pair of scissors, receiving minor injuries.

The Solomon Islands government was hosting the dawn service at Bloody Ridge as part of commemorations to mark the 80th anniversary

of the Battle of Guadalcanal.

Radio New Zealand spoke with medics who said the sailor would require stitches but was doing well. Bloody Ridge community chief Wesley Ramo said the suspect was from a neighboring community, was under the influence and mentally unstable.

Also attending the ceremony were Makoto Oniki, Japan's state minister of defense, and Peeni Henare, New Zealand's defense minister.

The suspect reportedly tackled the sailor to the ground during the attack before locals and U.S. military

personnel stepped in and detained him. Police then took him away and the ceremony resumed after a short break.

Commemorations are being held over three days in the Solomon Islands to mark the anniversary of the battle. Bloody Ridge is a small hill where in Sept. 1942, U.S. Marines held off a Japanese force that was attacking a military airfield.

Sherman is part of a high-profile diplomatic delegation that the U.S. sent to the Solomons, which also includes U.S. Ambassador to Australia Caroline Kennedy.

\$300

From Page 1

help residential customers cope with the increased cost of electricity, Torres said they will be doing it per month this time.

"So if you use more than \$300, then you pay for the difference. If you charge less than \$300, then obviously it carries on to the next one," Torres said.

Atalig said the first \$7.5 million

ARPA money that they gave CUC was used for the previous \$500 voucher for residential customers. Atalig said the remaining balance from the \$7.5 million was used for the \$150 credit for CUC's residential customers last month. In total, \$650 vouchers have already been given to each residential customer of CUC, he added.

Under the new voucher program, it will be \$300 per month for three months (August, September, and October), Atalig said.

Last Wednesday, CUC chief of administration Betty G. Terlaje disclosed during a meeting of the Judiciary and Governmental Operations Committee of the Saipan and Northern Islands Legislative Delegation that CUC's \$150 credit for its residential electric accounts in July came from the remaining \$1.5 million balance out of the \$7.5 million in ARPA funding that the administration gave to CUC for the previous \$500 voucher program.

VISITOR

From Page 1

T'way from twice weekly in May to four times a week in June.

Since June 1, non-vaccinated children under the age of 12 have been exempted from returning quarantine in Korea, allowing families to more conveniently travel to the Marianas on summer vacation and holidays.

The Marianas received 89 visitors from Japan in June 2022, com-

pared to only two visitors in June 2021. Beginning on Sept. 1, 2022, the TRIP program will incentivize three weekly flights from Narita to Saipan by United Airlines. The program will continue for an initial six months as the MVA and tourism partners work to stabilize the Japan market. Challenges include a strong U.S. dollar, costing Japanese visitors more to purchase the same amount of service compared to before the pandemic. Also, as direct flights with Japan have been

rare for most of the last four years, the MVA is working on rebuilding public awareness of the destination, especially among the younger generation.

The Marianas also received 955 visitors from Guam, 835 visitors from the United States and a combined 1,197 additional visitors from all other destinations in June. These arrivals include a large number of athletes, officials, and fans during the Northern Marianas Pacific Mini Games 2022 in June. (MVA)

COTA

From Page 1

terday morning to officially unveil the state-of-the-art Administration and Maintenance Facility building of the Commonwealth Office of Transit Authority in Lower Base.

In his remarks, Torres lauded the role that Alfreda Camacho Maratita played as special assistant for public transportation, when she was appointed to lead COTA soon after COTA administrator Thomas J. Camacho passed away.

Torres said leaders are tested not on good times, but during challenging times and that Maratita definitely stepped up to the plate at a time when the CNMI needed COTA the most.

The governor also commended COTA staff. "You guys, the employees, all of you, make the people here enjoy utilizing public transportation," he said. "The shirt that you wear represents public service. You definitely deliver that, not just on good times but definitely during our COVID, the most challenging time for the CNMI."

Torres said it is great pleasure and honor to have Tellis present at the ceremony. Tellis himself said he is honored to be present on behalf of FTA Administrator Nuria Fernandez to join the ribbon-cutting event.

Tellis said the day marks a special occasion for everyone in the CNMI, the U.S. Department of Transportation's FTA, and all the United States in support of public transportation, especially in the Pacific region. He said COTA has come a long way, building its surface transportation services these past nine years.

"I am truly impressed with the many successful outcomes—particularly with this beautiful facility behind me," Tellis said.

He said this state-of-the-art facility project is the first of its kind amongst the Pacific U.S. territories, made noteworthy in that it is led by a woman executive. Tellis said the Biden-

Harris administration is focused on diversity, equity, and inclusion.

He said the opening of the COTA Administration & Maintenance Facility was achieved thanks to the perseverance of Maratita and her team, which represents a prime example of fulfilling that goal.

"It is our commitment to continue to work closely with the Commonwealth to provide the guidance and support needed to continue the vision of a multi-modal transportation system here in the Northern Mariana Islands," he said.

Maratita said it was just about two years ago since yesterday, amidst the COVID-19 pandemic, that they gathered for the groundbreaking ceremony to kick off this project. Maratita said plans for the building was started in 2013 by her predecessor, the late Thomas J. Camacho, through an FTA competitive grant in the amount of \$1.1 million. After the A&E design was completed in 2017, it was discovered that there was a huge shortfall of \$3.2 million. She said the only other way was to try and go after another FTA competitive grant.

"And we did just that," said Maratita, adding that through the FTA's Bus and Bus Facilities Program, COTA applied for this grant opportunity and was awarded in September 2018 the money needed to fully complete this project.

"We owe a debt of gratitude to the U.S. Department of Transportation: Federal Transit Administration for funding this project at 100% and supporting COTA's plans to expand public transportation in the CNMI," she said.

The Department of Public Works was the contracting officer for the project. RNV Construction is the contractor. GHD Inc. was the construction management team.

GHD Inc. Saipan Office manager Andre A. Tenorio discussed what's inside the state-of-the-art facility.

Our Lady of Mount Carmel Cathedral rector Fr. Rey D. Rosal blessed the COTA building.

Military personnel, Tinian leaders collaborate on beautification tasks



CONTRIBUTED PHOTO
Military volunteers paint the highway railings along Carolinas Heights on Tinian on July 29, 2022.

The highway railings along Carolinas Heights on Tinian are freshly painted, thanks to a joint effort among the Tinian Legislative Delegation, the Tinian Municipality, the Tinian Department of Public Works, the Commonwealth Bureau of Military Affairs, the 30th Naval Mobile Construction Battalion, and the U.S. Navy Task Force. The group, along with eight military volunteers, completed repainting the Carolina Heights

highway railings on July 29, 2022, improving the safety in the area by making the railings more visible to motorists, especially at night. This week, the group will work together at the Antonio M. Borja Amphitheater in San Jose, Tinian. The group will paint the amphitheater’s curbs, parking lot, and railings. The 30th Naval Mobile Construction Battalion and the U.S. Navy Task Force are on Tinian for exercises and

have committed to completing community projects while on the island. The Governor’s Council of Economic Advisers extends a si yu’us ma’ase’ and ghilisow for making Tinian safer and more beautiful for all residents. Together, We Can! For more information or to participate in the Adopt-A-Median program, visit the GCEA website at cnmieconomy.com or contact the Council at gceacnmi@gmail.com. (PR)



Commonwealth of the Northern Mariana Islands
OFFICE OF THE GOVERNOR
Bureau of Environmental and Coastal Quality
Division of Coastal Resources Management
P.O. Box 501304, Saipan, MP 96950
Tel: (670) 664-8300; Fax: (670) 664-8315
www.dcrm.gov.mp



Richard V. Salas
Director, DCRM

PUBLIC NOTICE

The Bureau of Environmental and Coastal Quality’s Division of Coastal Resources Management (BECQ-DCRM) will be hosting a course on the LEED® (Leadership in Energy & Environmental Design) Green Associate (GA) Training on August 24, 2022 at the DCRM Training Center (3rd Floor) from 12pm-6pm.

The training shall consist of classroom lectures to help develop skills necessary to understand the role of LEED® and how it is applied to reduce the footprint of the built environment, and used as a sustainability scorecard for green buildings. The training will provide in-class instruction involving LEED® overview and detailed exam preparation including tips for exam registration.

The Head LEED® Trainer at LeadingGreen, Lorne Mlotek BASc., LEED AP BD+C, O+M, will be conducting the course for public/private sector and other interested individuals. LeadingGreen Training and Consulting is based out of Toronto, Canada, and is the leading education and service provider in the sustainable design and construction industry.

Participation in this training will greatly enhance local capacity knowledge in LEED® and be able to identify qualifying “green” and/or “low-impact development practices and techniques” that meet LEED® certifiable v4 building designs and construction practices in the CNMI. The LEED® Green Associate is the best professional designation to show employers and clients that you have certified knowledge in the field.

To register, visit leadinggreen.com/saipan

There will be a registration fee associated with the course, which is \$300.00.

If you have any questions or concerns, please contact Robert Deleon Guerrero by phone at (670) 664-8318, or email at planning@dcrm.gov.mp. Interested individuals can also contact the instructor, Lorne Mlotek, BASc., LEED AP BD+C, O+M, at Info@leadinggreen.com.

As LEED certified professionals, your clients can qualify for CRM’s permit fee reduction by meeting the standards of a LEED certifiable building design and construction. For more information, please call DCRM’s Permitting Section at (670) 664-8300.

Commonwealth Utilities Corporation

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131

Job Vacancy Announcement

JVA No. 22-058

Opening Date: August 4, 2022 (RE-ANNOUNCEMENT)
Closing Date: UNTIL FILLED

POSITION TITLE:	Trades Technician-Electrician
DEPARTMENT:	Power Generation
LOCATION:	Rota, Northern Marianas Islands, USA
ANNUAL SALARY:	\$21,902.40 to \$28,115.00 per annum, Non- Exempt
CONTRACT:	Not Contracted
POSITION(S):	One (1)

The incumbent will be under the overall supervision of the Power Generation Manager or his/her designee. This class specification represents only the core areas of responsibilities; specific position assignments will vary depending on the needs of Power General. Primary duties as a TRADES TECHNICIAN: ELECTRICIAN for a diesel engine power plant.

Duties:

- Performs maintenance, operations, installations, troubleshooting and/or repairs of Generator, switchgears and engine control panels of various brands/make/model, Motor Control Center, Transformer, Protection relays and overhead crane
- Read and interpret electrical diagrams and codes. USA standards, Japanese standards, European standards, & NEC (National Electrical Code).
- Knowledge in AC / DC system, Single and three phase system, Lighting and outlets, Paging System, Fire Alarm, & Battery Bank.
- Familiarize with the usage of various electrical test equipment; Multimeter tester, Insulation resistance tester, Transformer tester, Ground resistance tester, & Hydrometer.
- Familiarize with the usage of various electrical tools Crimper, Pipe bender, Hydraulic knock out puncher, Pipe threader, Micrometer, & Vernier caliper.
- Familiarize with the usage of various power and pneumatic tools Portable drill, Grinder, & Impact wrench.
- Operates specialized and heavy equipment. Emergency generator, Forklift, & Overhead crane.
- Attend to Trouble calls after normal working hours.
- Maintains of daily reports. Practices SAFETY. Cleans, organizes and maintains work areas.
- Performs other duties of a similar nature and level as assigned.

Minimum Requirements:
Education: High School Diploma, General Education Diploma, or Adult Basic Education. Graduate from a Vocational/Technical Institution as an Electrician or related field. Must demonstrate having had: 4 years of increasingly responsible experience in a diesel engine power plant. 4 years of increasingly responsible experience in performing electrical duties. Knowledge of: Applicable Federal, Commonwealth and local laws, codes, regulations and/or ordinances; Mechanical and electrical principles, practices and operations of power plant equipment. Customer service principles; Mathematical concepts; Inventory maintenance practices; Taking equipment readings and maintaining reading data; Inspection procedures; Safety procedures and safe work practices; Modern office technology.

Skills in: Performing inspections and analyzing system and equipment data; Interpreting and applying applicable laws, codes, regulations and standard operating procedures; Monitoring plant equipment and making adjustments; Identifying electrical and mechanical issues and recommending or implementing solutions; Initiating requests and trouble calls and providing assistance; Preparing and updating activity logs and status reports; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with coworkers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction. Able to lift and carry heavy objects of 45 pounds and over, climb ladders, reach above the shoulders, stand, sit, crawl and kneel for prolonged periods and perform repeated bending. Recognize color codes, operate cranes and motor vehicles. Occasionally use solvents, de-greasing agents, or other chemical agents, and be assigned to protracted or irregular hours of work; exposed to dust, oil, grease, constant or excessive noise, vibration, and smoke and gas fumes. Work closely with others and/or alone depending on assigned daily activities.

Must be available to work a 24/7 rotation shift to include weekends, holidays and on-call.

Applicants may be tested. Subject to pre-employment drug test.

How to Apply: You may submit your CUC Employment Application and/or resume at the Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, from Monday to Friday, 7:30am – 4:30pm. Applicants on the island of Tinian and Rota can drop it off at the Tinian and Rota Administration office. Application and resume can also be e-mailed to: employment.applications@cucgov.org

P. O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
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Job Vacancy Announcement

JVA No. 22-056 (RE-ANNOUNCEMENT)

Opening Date: August 4, 2022
Closing Date: August 17, 2022

POSITION TITLE:	Trades Technician, Senior
DEPARTMENT:	Water Division
LOCATION:	Rota, Northern Marianas Islands, USA
ANNUAL SALARY:	\$24,096.00 to \$32,529.00 per annum, Non- Exempt
CONTRACT:	Not Contracted
POSITION(S):	One (1)

The incumbent will be under the direct supervision of the Drinking Water & Wastewater Division Manager or his/her designee. This class specification represents only the core areas of responsibilities; specific position assignments will vary depending on the needs of the department. The Trades Technician Senior may serve as a crew leader to include assigning and monitoring work and providing technical direction.

Duties:

- Prepares training information and materials for an assigned technical training program for trades staff.
- Performs skilled/certified level operations, in-field installations and/or repairs in assigned service areas.
- Inspects equipment and determines if any repairs are needed.
- Performs preventative maintenance in assigned service areas.
- Assists with maintaining sufficient level of supplies and equipment.
- Generally, is responsible for: Maintaining operating reservoirs and distribution valves; monitor/reservoir level and water pressure levels;
- Maintaining water wells, booster stations and reservoir stations;
- Responding to customer complaints;
- May serve in lead role installing, maintaining and repairing water lines;
- Monitoring chlorine gas in the water system;
- Maintaining and repairing motors, pumps and other related equipment;
- Gathering water samples;
- Installing and/or replacing water meters;
- Performing disconnects and reconnects;
- Bleeding fire hydrants;
- Preparing daily progress reports.
- Assures all materials and field activities are in accordance with all applicable standards, codes, specifications and regulations.
- Performs other duties of a similar nature or level, as required.

Minimum Requirements:
Education: High School Diploma or General Education Diploma or Adult Basic Education (ABE) Program Adult School Diploma (AS), Level 2 certification for water distribution, and 3 years of skilled experience related to area of assignment.
Knowledge of: Customer service principles; Basic mathematical concepts; Safety procedures and safe work practices; Modern office technology.

Skills in: Interpreting and applying applicable laws, codes, regulations and standards; Performing skilled maintenance, operations and repair work in assigned area; Reviewing quality levels and providing technical guidance in assigned area; Operating specialized and heavy equipment; Monitoring equipment and making adjustments; Performing inspections and identifying issues; Troubleshooting issues and recommending or implementing solutions; Receiving requests and trouble calls and providing assistance; Monitoring inventory and supplies; Initiating supply requests; Taking equipment readings and maintaining reading data; Preparing and updating activity logs and status reports; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with coworkers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction.

Licensing/Certification:

- Valid U.S. Driver's License with appropriate class;
- Trades Licenses and/or Certifications, based on assignment;
- Water/Wastewater Treatment and Distribution Certifications, based on assignment.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday through Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org

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Coast Guard participates in multilateral search and rescue drill off Palau

SANTA RITA, Guam—In a bid to strengthen relationships and interoperability, the U.S. Coast Guard conducted a multilateral search and rescue drill alongside longtime partners from the United Kingdom, Japan, and the Republic of Palau in late July.

“We thrive on these opportunities, and we all came away with a deepened appreciation for the work of our respective agencies,” said Lt. Cmdr. Field Cassiano, Coast Guard liaison officer to the Compact of Free Association States. “Anyone who spends time in the

Pacific is no stranger to the region’s vast distances and limited resources. Evolutions like this provide invaluable face-to-face interaction and enable us to work through challenges before an incident or crisis.”

Such events range from something akin to the search for Amelia Earhart to the far more common activity of a small skiff of fishers gone missing. It could also include a large-scale response for a disabled cruise ship or search and rescue of the crew of a commercial vessel like the car carrier *Cougar*



Capt. Charles Maynard of the Royal Navy, serving as deputy mission commander of Pacific Partnership 2022, center left, stands for a photo with the crew of U.S. Coast Guard cutter *Myrtle Hazard* during a multilateral search and rescue exercise coordinated with the U.S. Navy, Republic of Palau, U.S. Coast Guard, Japan Maritime Self-Defense Force, and Royal Navy in support of PP22. Now in its 17th year, Pacific Partnership is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

U.S. NAVY/MCS2 BRANDIE NUZZI

Ace, which heeled over at sea before being towed into port in 2008.

In this drill, the USCGC *Myrtle Hazard* crew, with support from the U.S. Coast Guard 14th District and U.S. Coast Guard Forces Micro-

nesia/Sector Guam, worked with the crews of the Palau Patrol Ship PPS *Kedam*, the Japan Maritime Self-Defense Force ship JS *Kirisame*, and Royal Navy River Class vessel HMS *Tamar*.

“Thoughtful planning led

to realistic scenarios that were positively challenging, which demanded teamwork, shared vision, and high-level navigational expertise,” said Lt. Jalle Merritt, commanding officer of USCGC *Myrtle Hazard*. “It is fully in

the realm of possibility that our partners and we will be called upon to support those in need, in heavy weather, near reefs, with a limited time to respond. Through drills such as those conducted this week, our multinational maritime response team remains ready to not only meet but exceed the needs of those our team serves.”

With decades of experience and one of the largest maritime rescue regions in the world, the U.S. Coast Guard in the Pacific works together with partners and neighbors to provide life-saving coverage throughout the region. The United States maintains several formal agreements with partners under strict compliance with international laws and regulations. These agreements include Search and Rescue agreements with Japan, Australia, and the Republic of Palau, among other regional nations.


Historically, the U.S. Coast Guard and Palau hold regular search and rescue engagements to improve cooperation and processes between the Service and counterparts in Palau. This drill, one facet of Pacific Partnership 22, comes on the heels of a very successful humanitarian assistance and disaster relief workshop with 120 personnel trained.

Charles Maynard of the Royal Navy, serving as deputy mission commander of PP22, was on hand to oversee the exercise, part of PP22’s Palau phase.


The coordination between partner nations during PP22 enhanced understanding and cooperation and prepared those involved to respond in the case of a natural disaster or other humanitarian assistance and disaster relief scenario. Pacific Partnership contributes to regional stability and security through exchanges that foster enduring partnerships, trust, and interoperability between nations.

Now in its 17th year, Pacific Partnership is the most extensive annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

The *Myrtle Hazard* is the 39th Sentinel-class fast response cutter. The ship arrived in Guam and commissioned along with its sister ships, *Oliver Henry* and *Frederick Hatch*, in July 2021. In the time since, the crew has participated in Operation Blue Pacific, conducting sovereignty and fisheries patrols with five Pacific island nations. (*USCG*)



COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
STATE BOARD OF EDUCATION
PUBLIC SCHOOL SYSTEM
P.O. BOX 501370 SAIPAN, MP 96950




PUBLIC NOTICE

Pursuant to 1 CMC § 9910(a), the Seventeenth CNMI State Board of Education hereby gives notice that there will be a Regular Board Meeting on Friday, August 12, 2022, at 9:00 a.m. via google hangouts at meet.google.com/mhc-xzkn-ban.

AGENDA¹

- I. Preliminary**
 1. Call to Order
 2. Roll Call
 3. Adoption of Agenda
 4. Adoption of Minutes
 - a. April 7, 2022, Special Board Meeting Minutes
- II. Public Comments²**
- III. Reports**
 1. Chair’s Report
 2. Committee Reports
 - a. CIP
 - b. FPA
 - c. ISA
 - d. LIA
 - e. SICPP
 - f. SARC
 3. Commissioner of Education
 - a. Financial Status Reports
 - i. Federal
 - ii. Local
 - b. Head Start Program
 - c. Others
- IV. Unfinished Business**
- V. New Business**
 1. School Year 2022-2023
 - a. Opening Plans
 - b. SY 2022-2023 PSS Menu
 - c. SY 2022-2023 Statewide Professional Development
 2. Final Regulation §60-40-210 Small Purchases section g.
 3. Nepotism Policy
 4. Dual/Private Employment Disclosure
 5. Head Start/Early Head Start Program
 - a. Head Start/Early Head Start Carry Over Request
 - b. 2022 Cost Allocation Plan
 - c. 22-23 HS/EHS Training and Technical Assistance Plan
 - d. 21-22 Self-Assessment Report
 - e. 21-22 Community Assessment Report
 - f. FY 2022 Cost of Living Assistance (COLA) Grant Narrative and Budget
 - g. FY 2022 Quality Improvement Grant Narrative and Budget
 - h. 09ND000029 Budget Revision Request
 - i. 09ND000031 Budget Revision Request
 - j. Supplemental One-Time Grant Application
 6. Resolution No. 2022-17-001: Additional Bank Signatories
 7. BOE Contact Procedures Clarification
 8. Certification & Licensure Matter
 - a. CLO Report No. 2022-17-06
- VI. Executive Session³**
 1. Legal Updates
 2. Personnel
 3. Other matters
- VII. Discussion of Agenda for next Board Meeting**
- VIII. Adjournment**

¹ In the event that the items on the agenda are not completed, the meeting will recess and reconvene on the following day or at the most expeditious date and time determined by the Board.
² Pursuant to BOE Policy 0415, public comments are limited to 30 minutes. We ask that remarks be limited to 3 minutes each. Everyone is welcome to submit written comments.
³ Pursuant to 1 CMC § 9912, the Board may vote to meet in executive session at any time.



COMMONWEALTH PORTS AUTHORITY(CPA)
CNMI GOVERNMENT
Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500 • Fax: (670) 234-5962
Email Address: cpa.admin@pticom.com www.cnmiports.com

NOTICE OF OPEN PUBLIC AUCTIONS - SURPLUS EQUIPMENT & MATERIALS

The Commonwealth Ports Authority (CPA) is inviting all individuals, firms, and recycling centers to three open public auctions of CPA’s surplus equipment and materials. The list of surplus equipment and materials is available beginning August 5, 2022 for pick-up at the CPA Office of the Executive Director, which is located at the Francisco C. Ada/Saipan International Airport, Arrival Building, 2nd floor, or via email upon request.

Item Inspection: All items will be available for inspection beginning August 15, 2022 to August 26, 2022, from 8:00 AM to 5:00 PM, business days only. Items located on Saipan may be inspected by contacting Mr. Dennis Cruz at telephone number (670) 237-6596 or (670) 483-4516. Items located on Rota may be inspected by contacting Mr. Albert Toves at telephone number (670) 285-8109 or (670) 532-9497. Items located on Tinian may be inspected by contacting Mr. Gerald Crisostomo at telephone number (670) 433-9294.

Auction Locations, Dates, and Times: The auctions will take place at the following locations, dates and times:

Saipan: CPA Maintenance Building, Francisco C. Ada/Saipan International Airport on September 1, 2022, beginning at 10:00 AM.

Rota: CPA Maintenance Building, Benjamin Taisacan Manglona International Airport on September 6, 2022, beginning at 10:30 AM.

Tinian: CPA Administration Office, Tinian International Airport on September 9, 2022, beginning at 10:00 AM.

Terms and Conditions: All bidders submitting the highest itemized bid are required to pay 20% down payment on acceptance of bid. Balance shall be payable at CPA’s Accounting Office located on the 2nd Floor of the Departure Building, Francisco C. Ada/Saipan International Airport, within five (5) business days from the date of the Public Auction. Failure to pay will result in the forfeiture of the down payment. Payment must be made in cash, cashier’s check, credit card, or money order made payable to the Commonwealth Ports Authority.

All items are sold “AS IS” and “WHERE IS” and without warranty, guaranty, or representation of any kind, expressed or implied, as to the merchantability or fitness for any purpose of the property offered for sale. Items offered for sale are used and may contain defects not immediately detectable.

All sold properties must be removed from CPA property within five (5) calendar days from date of payment, at owner’s expense. CPA will not be responsible for said property after said specified time. The Buyer will make all arrangements and perform all work necessary, including packing, loading, and transportation of the property. No assistance will be provided. Upon removal of the property, all sales are final.

Any claim for misdescription of the purchased item must be made prior to removal of the property. If CPA confirms that the property does not conform to the description, CPA will keep the property and refund any money paid. The liability of CPA shall not exceed the actual purchase price of the property.

CPA reserves the right to reject any and all bids submitted for any reason set forth in this Public Auction Notice or as set forth in the CPA Procurement Rules and Regulations, including bid rejection or cancellation prior to and at the Public Auction.

CPA assumes no liability for any costs incurred by bidders in their preparation of the bids. Inquiries may be directed to the CPA Comptroller, Skye Hofschneider, via email at skye.hofschneider@cnmiports.com.

FOR THE COMMONWEALTH PORTS AUTHORITY

CHRISTOPHER S. TENORIO
Executive Director

Mount Carmel School welcomes new employees for SY 22-23

Mount Carmel School welcomes its new faculty who join the Mount Carmel School family for the 2022 - 2023 school year.

CARMELITA ADA

6th, 7th, 8th, and 10th Grade Math Teacher

Carmelita Ada is Mount Carmel School's new 6th, 7th, 8th, and 10th grade math teacher. Bringing 17 years of teaching experience, Ada is excited to join the MCS team as she is also a product of Catholic education. Ada holds a bachelor of science in industrial engineering and has participated in professional developments in the Philippines, the CNMI, and in California.

"Every year is a new challenge. I am excited about the

learning that would take place in the classroom through various hands-on activities and real-life applications. Most of my goals focus on academics, but also getting our students involved in fostering community services throughout the school year.

MA. THERESA F. ATIENZA

3rd Grade Homeroom Teacher

Theresa Atienza is Mount Carmel School's new third-grade homeroom teacher who brings seven years of teaching experience. Atienza earned her bachelor's degree in nursing from the University of Perpetual Help System DALTA in Las Piñas, Philippines. Atienza is excited to start her new professional experience at MCS and integrate herself into the Mount Carmel School community.

"I am excited to meet new students, new friends, new colleagues, and a new working environment. The new school year bring us new challenges, experiences, knowledge, and memories that will help us grow as an individual. One of my goals is to instill Positive Action Principles into students' cognitive, affective, and behavioral learning domains and to develop well-rounded students that positively impact their physical, intellectual, social, and emotional wellness."

DAVIN FERIA

High School Theology and Social Sciences Teacher

Davin Deria has 19 years of teaching experience and aims to share the knowledge and skills that he has in accordance with the mission and vision of MCS. Feria presently holds a bachelor of arts in classical philosophy from Maria Assumpta Seminary, units toward a master of arts in theology from San Carlos Graduate School of Theology, and units toward a

doctorate in philosophy from De La Salle University Manila.

"I aim to deliver the curriculum and the responsibilities or tasks that would be given to me with excellence and distinction. I look forward to the start of the new school year."

SUSAN GANDEZA

K4 Homeroom Teacher



Susan Gandeza is Mount Carmel School's new kindergarten teacher. Having four years of teaching experience, Gandeza is excited to teach at Mount Carmel School in support of the school's Catholic identity.

"My primary goal is to educate my students to the best of my abilities and enrich their lives with

my teachings."

TRICIA GLEASON

Music and Band Teacher

Tricia Gleason is a long-time educator, bringing 36 years of teaching experience to the MCS family. Prior to joining the MCS team, Gleason taught at Saipan International School for four years. Gleason holds an impressive academic record, having obtained a bachelor of science in music education with a minor in biblical studies from The King's College, a master of arts in liberal studies from Stony-Brook University, and a master of arts in technology and education from Teacher's College at Columbia University. Gleason also holds teaching certifications in Music K-12 and Elementary N-6 and a certificate in computer specialist from the Association of Christian Schools International.

"Through music, I developed a good working relationship with Mount Carmel School's former band teacher, Mr. Julian Greening. When he shared he was pursuing new professional opportunities off-island, he convinced me to apply as Mount Carmel's new music teacher. Mount Carmel is really committed to building the instrumental music program. I was really impressed by that and felt like it was a wonderful and strategic opportunity to really help promote music education on the island. While I am focused on getting familiar with the school community and culture, I do aim to coordinate off-island band performance opportunities for our students."



HAZEL DELA SANTA

K5 Homeroom Teacher

Hazel Dela Santa is Mount Carmel School's new kindergarten teacher. Drawn to MCS because of its Catholic identity, Dela Santa shared that working at Mount Carmel School would allow

her to grow professionally and spiritually. Dela Santa is a first-time educator but shares teaching has always remained a dream of hers and she is excited to educate and enrich the lives of her students.

"Teaching is my dream and it has always been. I am beyond blessed to be given a chance and I am so grateful to Mount Carmel School for being the instrument in fulfilling my path of becoming one. Teaching will be an avenue for me not just to teach but to learn as well from the support of the MCS team, parents, and most especially from the students. I am excited to combine traditional methods of teaching with modern technologies where the students will be more engaged in our day-to-day activities. My goal is to encourage our young learners to take part in their own little ways."

RAYMUND TAPAY

Elementary Physical Education Teacher

Raymund Tapay is Mount Carmel School's new elementary physical education teacher.



Tapay has 15 years of teaching experience and is passionate about developing the sports program at Mount Carmel School. He presently holds a bachelor of secondary education from Batangas State University and is currently working toward a master's in education with an emphasis in physical education.

"One of my goals during my first year teaching at Mount Carmel is introducing *sepak takraw*, which is also called 'kick-volleyball,' as one of our sports in school. I am looking forward to introducing the basic skills in playing *sepak takraw* and hopefully to establish a club for this sport."

ZANDRA A. TAPAY


5th Grade Teacher

Zandra Arguelles Tapay is Mount Carmel School's new fifth-grade teacher. Tapay holds a bachelor of secondary education from Manuel S. Enverga University Foundation Candelaria; a master of arts in guidance and counseling from San Pablo Colleges, and earned a unit in pursuit of a master of education in administration and supervision from the Tanauan Institute. Tapay has



18 years of teaching experience and aims to promote confidence in learning among her students.

"I applied to Mount Carmel School because I saw an opportunity for me to grow as an educator and to share and develop my learning skills when it comes to guidance and counseling. One of my goals this school year is to introduce the program, 'You Can Read in 20 Days' to our struggling and non-reader students to boost their self-confidence." (MCS)



WHEN
AUGUST 24 2022 12-6PM

WHERE
Gualo Rai Center, Chalan Pale Arnold

REGISTRATION
Leadinggreen.com/Saipan

CONTACT THE INSTRUCTOR
Lorne Mlotek
BASC., LEED AP BD+C, O+M
info@leadinggreen.com
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585 764 5423

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Opinion

Hafa Adair

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER
Volume XXXII, Issue No. 157Published daily at 2/F JP Center,
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AP The Associated Press

Pacific Islands News Association

What happens when TikTok is your main source of news and information

By SAM WINEBURG and NADAV ZIV
LOS ANGELES TIMES

On TikTok you're liable to find restaurant recommendations, lip-syncing snippets and false claims stating that COVID-19 vaccines contain aborted fetal tissue and that crisis actors faked the Uvalde school shooting. TikTok, along with Instagram, is where Gen Z searches for information and entertainment. They often come up with a blurry mix between fact and fiction.

The internet is how Gen Z becomes informed—and too often misinformed—about the world. Nearly 40% of this generation, young people born between the late 1990s and early 2000s, prefers using TikTok and Instagram as their search engines, according to recently released internal data from Google.

These platforms showcase short videos, which is great for a new dance move or a fun meme. But they can be just as effective in spreading videos conveying misinformation and conspiracy theories. Just because Gen Z grew up with social media doesn't mean they know how to evaluate the information they find there.

Our educational system has been slow to respond, often providing students with dated strategies for determining online credibility such as dwelling on a website's "About" page or checking to see when the information was published or posted. Analog strategies like these are the equivalent of teaching 16-year-olds to drive a Tesla by giving them a manual for a horse-drawn carriage. Education must meet students where they're at. Like it or not, that address is now on social media.

After we administered a 2016 survey with colleagues at the Stanford History Education Group, we summarized students' ability to separate digital fact from fiction in one word: "bleak." In the intervening years, fake news and misinformation have dominated the national conversation. But awareness alone doesn't solve the problem.

In a 2021 follow-up, our research group surveyed over 3,000 Gen Zers, asking them to evaluate a grainy video that claimed to provide evidence of U.S. voter fraud. The video was actually shot in Russia. Students could find this out by searching online for the words "Democrat 2016 voter fraud video," which quickly brings up links to Snopes and the BBC debunking the claim. Yet the majority of those surveyed were duped, concluding that the video constituted "strong evidence" of American election tampering.

We can't rely on social media platforms to solve the problem of misinformation—they can't even be trusted to police themselves. Analysis by the Institute for Strategic Dialogue found that 58% of TikTok videos relating to COVID-19 vaccines lacked warning banners, despite the company's commitment to flag vaccine-related content.

See TIKTOK on Next Page



A Biden surprise: bipartisan foreign policy

It's time to give President Joe Biden credit for achieving something no one predicted: bipartisanship in foreign policy.

The Senate on Wednesday delivered a victory for Biden's foreign policy agenda, voting almost unanimously to admit Finland and Sweden into the North Atlantic Treaty Organization. Previously, Biden was able to get the Ukraine aid he has asked for. That Senate vote in May also was truly bipartisan, with all the Democrats joined by 39 of the 50 Republicans; that was after House Republicans voted nearly 3-to-1 in favor of the bill.

Overall, choices by a group of Republican senators are the top reason that the all-out obstruction many of us expected in the face of Democratic unified government hasn't come to pass. From an infrastructure bill to a gun safety law to legislation promoting domestic computer-chip production, some Republicans have chosen to buck their own party and negotiate rather than resorting to knee-jerk opposition. It also helps a lot that Democrats have been open to compromise and that Biden has a legislator's get-things-done mindset. That has allowed everyone to wind up with deals that they could live with.

But it's on foreign policy that we're seeing true bipartisan consensus. Much of the credit for that belongs with Biden.

It would be easy to argue that Russian President Vladimir Putin is more responsible for U.S. unity when it comes to Europe than Biden, and to some extent that's true. It's also true that Volodymyr Zelenskyy, Ukraine's president, has done a terrific job of making his cause popular around the world, and that Ukrainian troops prevented the quick collapse that many expected.

But Biden made the risky choice to respond forcefully to Putin's aggression, even at considerable political cost in the form of higher gas prices and overall inflation. Ukraine could have proved to be a less appealing or less competent ally. The costs to US consumers could have been even more damaging to Biden (and still could be; gas prices are plummeting now, but they're still a lot higher than a year ago and could easily reverse course as the war in Europe drags on). Biden's decisions have turned the war into a broader rally around NATO and international cooperation—which is exactly the larger purpose that Biden and most Democratic (and many Republican) foreign policy professionals thought was needed after Donald Trump's presidency.

Republicans have criticized Biden on a few foreign policy matters, most notably on the botched exit from Afghanistan and Biden's continued efforts to re-enter the deal with Iran designed to prevent that nation from getting nuclear weapons. But those are exceptions.

By JONATHAN BERNSTEIN
Bloomberg Opinion

Jonathan Bernstein is a Bloomberg Opinion columnist covering politics and policy. He taught political science at the University of Texas at San Antonio and DePauw University and wrote A Plain Blog About Politics.



Perhaps one of the reasons Biden has been successful at keeping Republicans on board is that he hasn't attacked Trump's foreign policy any more than he needed to. He built upon Trump-era diplomacy between Israel and Arab nations. He hasn't abandoned Trump's initiative in moving the U.S. Embassy in Israel to Jerusalem. Even experts who thought that move was too risky generally don't believe that once it happened there was any point in reversing it. (Trump, of course, looked for places to reverse former President Barack Obama's policies regardless of whether it made any sense.)

Even the withdrawal from Afghanistan at the risk of the Taliban benefiting was basically just continuing a Trump policy, though it's far from clear that Trump would have gone ahead with it. In other words, Biden has made it relatively easy for Republicans to support many of his foreign policy and national security priorities.

It probably helps, too, that outside the debacle at the Kabul airport the U.S. hasn't suffered troop deaths in foreign conflicts during Biden's presidency—a sharp contrast with his three immediate predecessors. Nor has there been any noticeable uptick in actions by foreign terrorists. And the killing of al-Qaida leader Ayman al-Zawahiri by a U.S. drone strike can't hurt.

Another reason for Biden's success is Trump's failure to win support within the Republican Party for much of his foreign policy agenda. During his presidency, both Congress and the executive branch, including the military, regularly rolled Trump on foreign policy questions. Post-presidency, Trump seems to be doing a good job of undermining confidence among Republicans in the fair administration of elections. But on other domestic and most foreign policy questions, Republicans appear to be mostly resisting him. The areas where they oppose Biden—the Iran deal, for example—are longstanding, pre-Trump policy positions. Beyond that? Outside of a handful of elected officials, Trump's anti-NATO, anti-internationalist agenda just doesn't seem to be catching on. At least not yet.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

FSM tries to keep the peace between US and China

PALIKIR, Pohnpei—Recently, the government of the Federated States of Micronesia became aware of a high-level visit to Taiwan by the speaker of the U.S. House of Representatives. The FSM has received informal communications from representatives of both the government of the People's Republic of China and the government of the United States of America asking if the FSM will comment on the visit, which has resulted in substantial publicity in global news-media and heightened geopolitical saber-rattling in the Taiwan Strait, including increasingly stern rhetoric from stakeholders in Taiwan's prosperity, military exercises inclusive of missile launches over Taiwan's territory and into Japan's exclusive economic zone, and the suspension of cooperation between China and the U.S. on matters such as tackling climate change and high-level military dialogue. It is reported that certain agricultural products are no longer able to be traded between Taiwan and other parts of China.

The foreign policy of the government of the FSM is to be a friend to all and an enemy to none, and to extend to all countries what is sought: peace, friendship, cooperation, and love in our common humanity. In this regard, the FSM has both an enduring partnership with the United States of America and a great friendship with the People's Republic of China. It is the view of the FSM government that the world will ultimately be more peaceful, and more capable at dealing with the threat of civilizational collapse caused by anthropogenic climate change, if China and the U.S. work together as partners and as friends, with mutual love and respect for one another.

It is the FSM government's observation that the moment the visit by the U.S. speaker of the House of Representatives to Taiwan became common knowledge, that China felt that its One-China Principle and sovereignty was threatened, and so sought to delay or cancel the visit by the U.S. speaker. It is the FSM

government's observation that the U.S., which "acknowledges that all Chinese on either side of the Taiwan Strait maintain there is but one China and that Taiwan is part of China," would be unwilling to accommodate what it interprets as aggressive behavior, and so the visit occurred without delay or hindrance. It is noteworthy that, in democracies with separate but equal branches of government, where leaders are elected by and accountable to the people, that some leaders in one branch of government may hold differing views from leaders in that same branch, or other branches, of government.

It is the FSM government's observation that, following the visit, a visible increase in both rhetoric and action has heightened geopolitical tensions in the Taiwan Strait; this is concerning to the FSM and its people. It is the FSM government's observation that both China and the U.S. see the other side as a "bully" engaging in provocative behavior, with China interpreting the visit of a high-level U.S. elected official to Taiwan as invasive, unprecedented, and unwelcome, and the U.S. interpreting the launch of missiles over Taiwan and also into Japan's exclusive economic zone as a purposefully antagonistic overreaction.

It is not the intention of the FSM government to publicly and explicitly condemn, or condone, any particular behavior by China or the U.S. in regards to this specific issue, or to draw comparisons between either country's actions or inaction, on the premise that the FSM believes that doing so is more likely to promote violence than to promote peace. The FSM government believes that it is plausible that both China and the U.S. see themselves as being the responsible party that is "in the right," with the other party as irresponsible and "in the wrong," and that both countries would have prepared extensive justifications and rationalizations to support their perspective.

As a member of the United Nations, the FSM believes in

the U.N.'s mission statement to ensure the "maintenance of international peace and security." The FSM, as a member of the Pacific Islands Forum living in the peaceful and harmonious Blue Pacific Continent, and as an enduring partner to the United States and a great friend to China, encourages and calls upon both China and the U.S. to de-escalate tensions. It is the view of the FSM that we, as a global society, should let no one build walls to divide us—be they walls of hatred, or walls of stone; that we should end the vanity of nations, as we've but one Earth on which to live; that we should embrace the rules-based international order and the rule of law, with an emphasis on respecting others as much we respect ourselves, and recognize that freedom is merely privilege unless enjoyed by one and all.

It is the view of the FSM government that it ultimately doesn't matter "who is at fault," "who started it," who is a "bully," who and what is "wrong," and who and what is "right," if the outcome results in conflict. It is essential for global peace, security, prosperity, and stability that there be no additional conflict in our world at this time.

The FSM further calls upon China and the U.S. to re-establish cooperation on issues of international importance, such as preventing civilizational collapse as a result of anthropogenic climate change. As the two superpowers in the world, the U.S. and China set the tone and cadence for global conversations on peace; if there is no peace between these two powers, then there won't be peace anywhere at all. There can be no solution to common problems unless China and the U.S. choose to cooperate with one another on issues of global importance.

The FSM extends to the people and government of the United States of America, and to the people and government of the People's Republic of China, peace, friendship, cooperation, and love in our common humanity. (PR)

It Is 'Elvis Week' (August 9 - 17, 2022)!

Have you seen the new biopic about Elvis Presley? It is basically a film about addictions: his mother's to alcohol; his manager, Col. Tom Parker (played by an unrecognizable Tom Hanks), addicted to money and gambling; Elvis to fame and drugs; his teenage fans to their own hormonal hysteria from watching Elvis' display of sexually suggestive histrionics on stage. My father called him Pelvis Wriggly. I wrote the Elvish Pretzel in 2003, Return To Sender just last week.

The Elvish Pretzel aka Pelvis Wriggly

The Elvish Pretzel's dough was squiggly an oafish loaf of lounge lizard proportions twas baked in the image of Pelvis Wriggly you had to love its tender distortions once reaching the perfect temperature it got up from its baking pan and strolled past light crust doughboys who for sure liked those hot sticky buns being sold beyond carrot cakes and banana cream pies through marble halls of Memphis malls near jelly donuts and candy bars to despise

past spas selling pools with Niagara Falls shops with Titanic ties and Gordian knots binding all to myths of the Sisyphean orb for sunny fun during cold spells and hots eating all the hotdogs and buns it could absorb the Elvish Pretzel is now a long time gone it has left the building for the bakery today putting on pounds and making its rounds in an amazing grace land on Labor Day.

Return to Sender: Brain Blender

Loving memories coming back slowly upstairs to a brain pan balcony suffering from who cares returning to the sender whose befuddled brain is stirred up and mixed in a senescent blender mixing memories and emotions across stormy seas of sensuality, joy, sorrow, and despair forgetting yesterday and preceding tomorrow How did that old Elvis Presley song go ? "Return to sender, address unknown no such number, no such zone"

TIKTOK

From Page 8

Poor information always seems to find a way to slither through platform safeguards.

Media literacy that will empower younger generations needs to be more than an appendage to today's school curricula. The California State Department of Education's Civic Engagement Roadmap, for example, nods to "media literacy" as one of 10 "promising practices," alongside "performance assessments" and "service learning," to prepare Gen Z to become "agents of positive change."

The implementation of guidelines like these, however, is left to the discretion of individual teachers who, already overworked, often pass the responsibility on to others or dispense with it in a lesson or two. Teaching students to discern reliable information from inaccuracies or outright lies is too important to be left to individual discretion. In an information age, digital literacy should

be the foundation to practically everything schools teach.

We can't stop Gen Z from relying on social media for information. Nor can we kid ourselves that a presentation by a teacher or the school librarian matches the scale of the misinformation challenge. If we want to reach today's youth, we must use the tools they can relate to—including TikTok videos—to teach the content we deem important. While doing so, we can sharpen students' ability to identify misinformation.

Math classes, for example, could be retooled to help students understand how algorithms curate the content they see on social media platforms. Teachers can make clear how TikTok and Instagram's algorithms sacrifice credibility in order to keep users' eyeballs glued to the screen.

Economics courses can help students understand the platforms' business models in our "attention economy," and how profit motives align with the promotion of viral misinformation.

English courses could illustrate how small variations in search

terms generate different results. Search "vaccines" on TikTok and you'll be directed to information from the World Health Organization. Try "vaccines heavy metals" and you'll find a slew of videos spouting spurious claims.

The transformation of the curriculum must include all areas of study. It's already happening in Illinois, where some innovative teachers are integrating digital literacy into core school subjects.

Today's young people spend seven to eight hours a day online, somewhere around 3,000 hours a year. The challenge of identifying online misinformation will not be solved with any single strategy. It will take a curriculum overhaul to truly help Gen Z distinguish fact from fiction on the platforms where they spend their time.

Sam Wineburg is a professor of education at Stanford University and founder of the Stanford History Education Group, where Nardav Ziv is a research associate.

LITERARY NOOK

By **JOEY 'PEPE BATBON' CONNOLLY**






Special to the Saipan Tribune

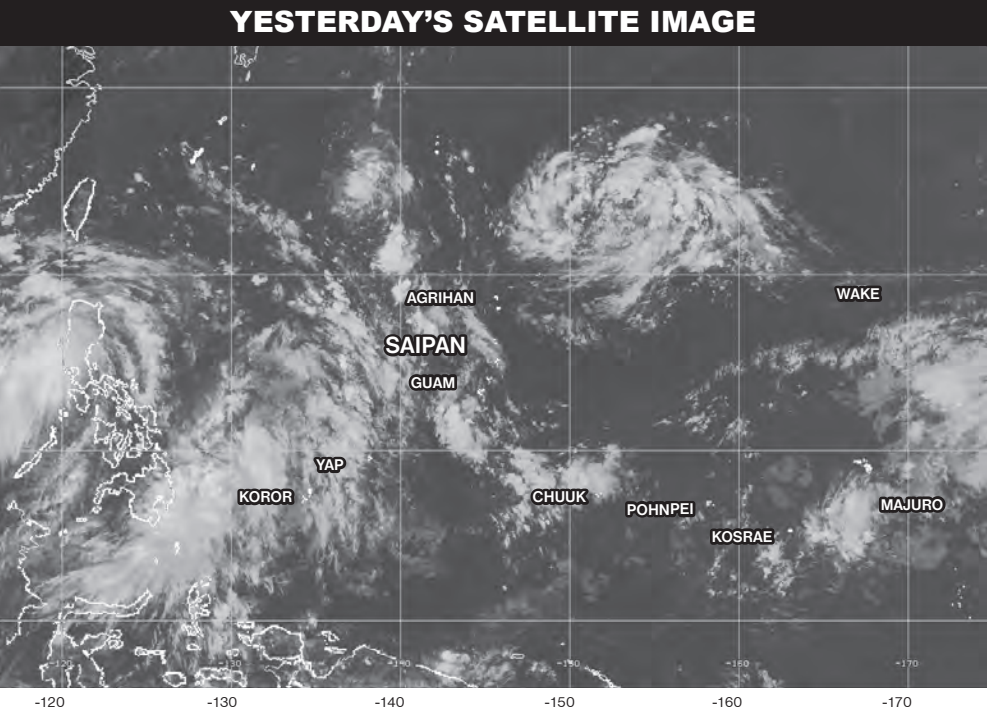
Joey aka Pepe Batbon is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.



Funny I can remember that but not the names of sweethearts remembered. I recall the crush how we met and all the romance and the rush layers of an onion union are peeled back no more crocodile tears from slicing it up Adam's rib and Eve's big fib now meet again was it at a record hop or after a football game swimming in the ocean or chlorine filled pool return to sender, name forgotten, age unknown all these years gone, nostalgia is not a mender don't know how to contact them on cell phone.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
									
Isolated showers. Mostly sunny		Scattered showers and thunderstorms. Partly sunny		Scattered showers and thunderstorms. Partly sunny		A chance of showers. Partly sunny		A chance of showers. Mostly cloudy	
87°	78°	87°	78°	87°	77°	87°	77°	87°	77°



PICTURE TIME: 7:11 AM, MONDAY, AUGUST 8, 2022

Western North Pacific between equator and 25N from 130E to 180.

Scattered showers are moving through the coastal waters this morning on gentle trade winds. Combined seas range from 3 to 4 feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html>
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
 - Choosing a room in your house that can be used to separate sick household members from others.
 - Washing your hands often with soap and water for at least 20 seconds.

onds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561. These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mp and follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html> and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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SUBSCRIPTION Published Monday to Friday, Saipan Tribune offers door-to-door on-island delivery at an annual rate of \$180. For additional subscription information, call (670) 235-8747 or 235-2769, or fax 235-3740.

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MICRONESIA			▲ ▼ °F
Guam and Rota	Scattered Thunderstorms	85° / 78°	
Palau	Thunderstorms	83° / 76°	
Yap	Scattered Thunderstorms	85° / 79°	
Chuuk	Partly Cloudy	86° / 80°	
Pohnpei	Partly Cloudy	86° / 77°	
Kosrae	Showers	84° / 79°	
Majuro	Partly Cloudy	84° / 80°	

DAY	SUNRISE	SUNSET
Today	6:01 AM	6:43 PM
Wednesday	6:01 AM	6:43 PM
Thursday	6:01 AM	6:42 PM
Friday	6:01 AM	6:42 PM
Saturday	6:02 AM	6:41 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	2:30 AM	4:10 PM
Wednesday	-	3:35 AM	5:14 PM
Thursday	-	4:43 AM	6:14 PM
Friday	-	5:50 AM	7:07 PM
Saturday	-	6:54 AM	7:54 PM

AROUND THE GLOBE			▲ ▼ °F
Auckland	Rain	57° / 47°	
Beijing	Rain	75° / 64°	
Hong Kong	Thunderstorms/Wind	85° / 80°	
Honolulu	Partly Cloudy	86° / 76°	
London	Mostly Sunny	81° / 59°	
Los Angeles	Mostly Sunny	89° / 67°	
Manila	Thunderstorms	89° / 78°	
Melbourne	Mostly Sunny	56° / 36°	
Miami	Partly Cloudy	88° / 81°	
New York	Isolated Thunderstorms	92° / 80°	
Osaka	Mostly Cloudy	94° / 81°	
Paris	Sunny	89° / 66°	
Busan	Cloudy	88° / 80°	
Rome	Thunderstorms	92° / 70°	
Salem	Scattered Thunderstorms	87° / 70°	
San Francisco	Cloudy	69° / 59°	
Seoul	Rain	81° / 70°	
Tokyo	Mostly Cloudy	93° / 81°	
Washington, DC	Mostly Sunny	93° / 77°	

TIDES: SAIPAN HARBOR TODAY			FEET
3:31 AM	High Tide	2.04	
11:17 AM	Low Tide	-0.23	
6:50 PM	High Tide	1.99	
11:42 PM	Low Tide	1.49	

FLIGHT SCHEDULE AS OF AUGUST 1, 2022

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:50AM	10:30AM	Daily	UA174	8:00AM	8:45AM	Daily
UA156	6:30PM	7:15PM	6	UA112	4:40PM	5:30PM	6
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
PR 111	6:00AM	8:00AM	Daily	PR110	10:00PM	4:00AM+1	Daily
UA193	7:05PM	10:55PM	5 via Palau	UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA183	7:10PM	9:10PM	Daily	UA192	10:25PM	6:15AM+1	5 via Palau
				UA184	11:50PM	5:40AM+1	5
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	9:50AM	9:10PM	Daily via Guam	UA184/174	10:25PM	8:45AM+1	1,2,3, 4, 6, 7 via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau	UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
				UA184/174	11:50PM	8:45AM+1	5 via Guam
SAIPAN-INCHEON (ICN)				INCHEON (ICN)-SAIPAN			
TW9308	3:30PM	7:20PM	Daily	7C3406	8:30AM	2:10PM	6
7C3405	3:30PM	7:25PM	6	7C3406	8:50AM	2:50PM	1, 2, 3, 4, 5, 7
7C3405	3:50PM	7:45PM	1, 2, 3, 4, 5, 7	OZ623	9:00AM	2:30PM	3, 6
OZ624	4:00PM	7:40PM	3, 6	TW9307	9:15AM	2:30PM	Daily
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451	3:00PM	6:20PM	3, 7	7C3452	9:00AM	2:00PM	3, 7
BX621	3:10PM	6:30PM	3, 7	BX622	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA						SAIPAN TO TINIAN					
FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1301	SAIPAN	ROTA	8:30	9:00	Daily	1202	SAIPAN	TINIAN	8:00	8:15	Daily
1302	SAIPAN	ROTA	11:00	11:30	Mon/Wed/Fri	1203	SAIPAN	TINIAN	9:00	9:15	Daily
1302	SAIPAN	ROTA	12:00	12:30	Tues/Thurs/Sat/Sun	1204	SAIPAN	TINIAN	10:00	10:15	Daily
1303	SAIPAN	ROTA	15:30	16:00	Daily	1208	SAIPAN	TINIAN	14:00	14:15	Daily
ROTA TO SAIPAN						TINIAN TO SAIPAN					
FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3101	ROTA	SAIPAN	9:30	10:00	Daily	2102	TINIAN	SAIPAN	8:30	8:45	Daily
3102	ROTA	SAIPAN	13:00	13:30	Tues/Thurs/Sat/Sun	2103	TINIAN	SAIPAN	9:30	9:45	Daily
3102	ROTA	SAIPAN	14:00	14:30	Mon/Wed/Fri	2104	TINIAN	SAIPAN	10:30	10:45	Daily
3103	ROTA	SAIPAN	16:30	17:00	Daily	2108	TINIAN	SAIPAN	14:30	14:45	Daily
ROTA TO GUAM						TINIAN TO SAIPAN					
LIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3401	ROTA	GUAM	12:00	12:30	Mon/Wed/Fri	2109	TINIAN	SAIPAN	15:30	15:45	Daily
GUAM TO ROTA						2110 <td>TINIAN</td> <td>SAIPAN</td> <td>16:30</td> <td>16:45</td> <td>Daily</td>	TINIAN	SAIPAN	16:30	16:45	Daily
FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY	2111 <td>TINIAN</td> <td>SAIPAN</td> <td>17:30</td> <td>17:45</td> <td>Daily</td>	TINIAN	SAIPAN	17:30	17:45	Daily
4301	GUAM	ROTA	13:00	13:30	Mon/Wed/Fri						

Business

Demand for grocery delivery cools as food costs rise

By DEE-ANN DURBIN
AP BUSINESS WRITER

Karen Raschke, a retired attorney in New York, started getting her groceries delivered early in the pandemic. Each delivery cost \$30 in fees and tips, but it was worth it to avoid the store.

Then earlier this spring, Raschke learned her rent was increasing by \$617 per month. Delivery was one of the first things she cut from her budget. Now, the 75-year-old walks four blocks to the grocery several times a week. She only uses delivery on rare occasions, like a recent heat wave.

"To do it every week is not sustainable," she said.

Raschke isn't alone. U.S. demand for grocery delivery is cooling as prices for food and other necessities rise. Some are shifting to pickup—a less expensive alternative where



AP
Shoppers shop at a grocery store in Glenview, Ill., Monday, July 4, 2022.

But as the pandemic eased, demand softened. In June 2022, Americans spent \$2.5 billion on grocery delivery—down 26% from 2020. For comparison, they spent \$3.4 billion on grocery pickup, which saw demand drop 10.5% from its pandemic highs.

That's causing some turmoil in the industry. Buyk filed for bankruptcy in March; Jokr pulled out of the U.S. in June. Instacart—the U.S. market leader in grocery delivery—slashed its own valuation by 40% to \$24 billion in March ahead of a potential IPO. Kroger said its digital sales—which include pickup and delivery—dropped 6% in the first quarter of this year.

Some think delivery demand could drop further. Chase Design, a consulting firm, says its surveys show the number of U.S. shoppers who plan to use grocery delivery "all the time" has fallen by half since 2021.

Cost is the biggest reason. Peter Cloutier, the growth and commercial strategy lead at Chase Design, said it's difficult to get groceries to a customer's door for less than a \$10 premium, which covers labor and transportation. Often, that cost is higher.

Hotel Nikko Guam offers service enhancements, new digital tools

TUMON, Guam—The next time you step into the Hotel Nikko Guam, what will be most notably different isn't what you'll see. It will be how you feel after experiencing the resort's enhanced service offerings, including an elevated guest-centered approach to hospitality and the tools used to get there.

Now in its transition to the next phase of resort enhancements, the Nikko team continues to invest in staff training to create a more guest-focused environment and improve specific areas of the property.

New website and mobile app

As part of its brand refresh, Nikko has revamped its website (nikkoguam.com) to be more informative and convenient for travelers to make online bookings, as well as learn about activities and experiences. Nikko's new mobile app provides online tools that give guests more control over their experiences while on the property, such as allowing Digital Check-in before arrival at the Nikko; using the app as a digital room key for each guest; receiving real-time messages from the resort, and managing dining and activities reservations.

Hotel Nikko Guam, a Premier Hotel Group property and a member of Ken Corp., has been providing upscale accommodations in Guam for more than 30 years. The resort began its brand refresh in April 2022 in anticipation of the resurgence of tourism.

Throughout the month of August and to the end of the year,

the Nikko will be adding the following enhancements:

■ The Welcome Experience

The Nikko created new arrival and departure protocols so that visitors can begin their vacation as soon as they are picked up at the airport. Guests will also receive more attentive service upon arrival at the resort. To expedite the check-in process, guests can check in through the app before they arrive and get fast-tracked to their rooms using their unique digital keys on the app.

■ In-room enhancements and sustainable practices

The Nikko is upgrading its in-room standard bath amenity to the L'Occitane brand in Ocean Front and Deluxe Category Rooms. The bottles will also be larger and refillable, making them more environmentally-friendly. The Premier Rooms and Suites offer the high-end European brand, Atkinson, as the new bath amenity. In addition to implementing more green practices, each room will have reusable Huskee tumblers, sustainably made from coffee husks, a by-product of coffee production. Guests are welcome to take the tumblers home to continue reusing them.

■ Beverage menu enhancements

Nikko spent the last two years improving all aspects of its food quality and service. This year, the resort is matching its food offerings with enhanced beverage menus that will harmonize the dining experience.

■ Activities in nature

The Nikko is embracing Guam's unique sense of place

and aims to inspire its guests to become more in touch with Guam's culture and the natural surroundings of the property. Nikko aims to create a warm and welcoming environment where guests can come home to themselves.

Nikko will also offer more activities to fully enhance its guests' escape in nature. A complimentary yoga program is planned to take place in the natural elements with a direct view of the ocean.

■ Effortless Eden

The resort's approach to hospitality, called Effortless Eden, focuses on providing a relaxing atmosphere—in rooms and nature—where guests can escape to. The hotel launched its newest brand video in the Effortless Eden series, called Escape, which shows guests how to unplug from their lives and find rest and adventures at the Nikko and in Guam. The video is posted on the resort's Instagram and Facebook pages (@hotelnikkoguam).

"Competition among destinations is getting tougher, and our parent company, PHR Ken Corp., and our sales teams continue to work in the markets to attract visitors to Guam. We are reintroducing Guam and getting visitors excited about what the island offers. When they come to the Nikko, they will find more choices and more conveniences that will further enhance their stay," said acting general manager Shinozaki.

The Hotel Nikko Guam's service enhancements will be fully implemented by the new year. (PR)

shoppers pull up curbside or go into the store to collect their already-bagged groceries—while others say they're comfortable doing the shopping themselves.

Grocery delivery saw tremendous growth during the first year of the pandemic. In August 2019—a typical pre-pandemic month—Americans spent \$500 million on grocery delivery. By June 2020, it had ballooned to a \$3.4 billion business, according to Brick

Meets Click, a market research company.

Companies rushed to fill that demand. DoorDash and Uber Eats began offering grocery delivery. Kroger—the nation's largest grocer—opened automated warehouses to fulfill delivery orders. Amazon opened a handful of Amazon Fresh groceries, which provide free delivery to Prime members. Hyper-fast grocery delivery companies like Jokr and Buyk expanded into U.S. cities.

Hyatt's Skipper's Beach Bar temporarily closed for upgrade

Saipan's favorite happy hour spot, Skipper's Beach Bar at the Hyatt Regency Saipan, is temporarily closed since Monday until Aug. 11, Thursday. It will undergo an upgrade so guests will continue to experience maximum "sunset" experience while sipping their favorite cocktail.

In the meantime, Hyatt Regency Saipan's Lobby Lounge re-opens from 4:30pm to 8:30pm daily and will be serving drinks and your favorite cocktails to help you finish the day on a positive vibe.

Hyatt Regency Saipan was established in the CNMI in 1981 and is the first international hotel on the island. We are committed to deliver the Hyatt experience that is centered on authentic hospitality, relaxation and making a difference in people's lives.

For more information, call (670) 234-1234, visit our Facebook page: Hyatt Regency Saipan, check our Instagram: @hyattregencysaipan, or visit the website: <http://saipan.regency.hyatt.com>. (PR)



HYATT REGENCY SAIPAN
Hyatt Regency Saipan's Skipper's Beach Bar is temporarily closed until Aug. 11, Thursday, as it undergoes an upgrade.

Nation

Senate Democrats pass budget package, a victory for Biden

WASHINGTON (AP)—Democrats pushed their election-year economic package to Senate passage Sunday, a hard-fought compromise less ambitious than President Joe Biden's original domestic vision but one that still meets deep-rooted party goals of slowing global

warming, moderating pharmaceutical costs and taxing immense corporations.

The estimated \$740 billion package heads next to the House, where lawmakers are poised to deliver on Biden's priorities, a stunning turnaround of what had seemed a lost and doomed effort that suddenly

roared back to political life. Cheers broke out as Senate Democrats held united, 51-50, with Vice President Kamala Harris casting the tie-breaking vote after an all-night session.

"Today, Senate Democrats sided with American families over special interests," President Joe Biden said in a state-

ment from Rehoboth Beach, Delaware. "I ran for President promising to make government work for working families again, and that is what this bill does—period."

Biden, who had his share of long nights during his three decades as a senator, called into the Senate cloakroom

during the vote on speakerphone to personally thank the staff for their hard work.

The president urged the House to pass the bill as soon as possible. Speaker Nancy Pelosi said her chamber would "move swiftly to



Biden

send this bill to the president's desk." House votes are expected Friday.

"It's been a long, tough and winding road, but at last, at last we have arrived," said Senate Majority Leader Chuck Schumer, D-N.Y., ahead of final votes.

"The Senate is making history. I am confident the Inflation Reduction Act will endure as one of the defining legislative feats of the 21st

century," he said.

Senators engaged in a round-the-clock marathon of voting that began Saturday and stretched late into Sunday afternoon. Democrats swatted down some three dozen Republican amendments designed to torpedo

the legislation. Confronting unanimous GOP opposition, Democratic unity in the 50-50 chamber held, keeping the party on track for a morale-boosting victory three months from elections when congressional control is at stake.

The bill ran into trouble midday over objections to the new 15% corporate minimum tax that private equity firms and other industries disliked, forcing last-minute changes.

Biden to join governor to survey flood damage in Kentucky



Damage from flooding is visible at Isom IGA in Isom, Ky., Aug. 1, 2022. The grocery store was ravaged by historic floods last week, and the store's inventory was spoiled by the flood waters.

WASHINGTON (AP)—President Joe Biden and the first lady are expected to join Gov. Andy Beshear and his wife, Brittainy, as they meet with families and view damage from storms that have created the worst flooding in Kentucky's history.

At least 37 people have died since last month's deluge, which dropped 8 to 10 1/2 inches of rain in only 48 hours. The National Weather Service said Sunday that flooding remains a threat, warning of more thunderstorms through Thursday.

Monday's visit will be

Biden's second to the state. He previously visited in December after tornadoes whipped through Kentucky, killing 77 people and leaving a trail of destruction.

"I wish I could tell you why we keep getting hit here in Kentucky," Beshear said recently. "I wish I could tell you why areas where people may not have much continue to get hit and lose everything. I can't give you the why, but I know what we do in response to it. And the answer is everything we can. These are our people. Let's make sure we help them out."

Biden has expanded federal disaster assistance to Kentucky, ensuring the federal government will cover the full cost of debris removal and other emergency measures.

White House press secretary Karine Jean-Pierre said the Federal Emergency Management Agency has provided more than \$3.1 million in relief funds, and hundreds of rescue personnel have been deployed to help.

The flooding came just one month after Beshear visited Mayfield to celebrate the completion of the first houses to be

fully constructed since a tornado nearly wiped out the town. Three families were handed keys to their new homes that day, and the governor in his remarks hearkened back to a visit he had made in the immediate aftermath.

"I pledged on that day that while we had been knocked down, we were not knocked out," Beshear said. "That we would get back up again and we would move forward. And six months to the day, we're not just up, we're not just standing on our feet, we are moving forward."

One year after Afghanistan, spy agencies pivot toward China

WASHINGTON (AP)—In a recent closed-door meeting with leaders of the agency's counterterrorism center, the CIA's No. 2 official made clear that fighting al-Qaida and other extremist groups would remain a priority—but that the agency's money and resources would be increasingly shifted to focusing on China.

The CIA drone attack that killed al-Qaida's leader showed that fighting terrorism is hardly an afterthought. But

it didn't change the message the agency's deputy director, David Cohen, delivered at that meeting weeks earlier: While the U.S. will continue to go after terrorists, the top priority is trying to better understand and counter Beijing.

One year after ending the war in Afghanistan, President Joe Biden and top national security officials speak less about counterterrorism and more about the political, economic and military threats

posed by China as well as Russia. There's been a quiet pivot within intelligence agencies, which are moving hundreds of officers to China-focused positions, including some who were previously working on terrorism.

The last week makes clear that the U.S. has to deal with both at the same time. Days after Ayman al-Zawahri was killed in Kabul, China staged large-scale military exercises and threatened to cut off contacts with the U.S. over

House Speaker Nancy Pelosi's visit to Taiwan.

The U.S. has long been alarmed by China's growing political and economic ambitions. China has tried to influence foreign elections, mounted campaigns of cyber and corporate espionage, and detained millions of minority Uyghurs in camps. Some experts also think Beijing will in coming years try to seize the self-ruled democratic island of Taiwan by force.

ACROSS THE NATION

Men face sentencing for hate crimes in Ahmaud Arbery's death

SAVANNAH, Ga. (AP)—Months after they were sentenced to life in prison for murder, the three white men who chased and killed Ahmaud Arbery in a Georgia neighborhood faced a second round of criminal penalties Monday for federal hate crimes committed in the deadly pursuit of the 25-year-old Black man. U.S. District Court Judge Lisa Godbey Wood scheduled back-to-back hearings to individually sentence each of the defendants, starting with Travis McMichael, who blasted Arbery with a shotgun after the street chase initiated by his father and joined by a neighbor. Arbery's killing on Feb. 23, 2020, became part of a larger national reckoning over racial injustice and killings of unarmed Black people including George Floyd in Minneapolis and Breonna Taylor in Kentucky. Those two cases also resulted in the Justice Department bringing federal charges.

2 men face new trial over scheme to kidnap Michigan governor

Two men accused of crafting a plan to kidnap Michigan Gov. Gretchen Whitmer in 2020 and ignite a national rebellion are facing a second trial this week, months after a jury couldn't reach a verdict on the pair while acquitting two others. The result

in April was a blow to federal prosecutors, who had set out to show that extremists were committed to snatching Whitmer and causing chaos close to the election between Joe Biden and then-President Donald Trump. The trial of Adam Fox and Barry Croft Jr. means another public airing of secretly recorded conversations, text messages and chilling social media posts. It also comes at a time of intense news coverage of the U.S. House committee investigating the Jan. 6, 2021, riot by Trump supporters at the Capitol. (AP)

Albuquerque police seek car in killings of 4 Muslim men

ALBUQUERQUE, N.M. (AP)—Authorities investigating whether the killings of four Muslim men are connected said Sunday that they need help finding a vehicle believed to be connected to the deaths in New Mexico's largest city. Albuquerque police said they released photos of the vehicle suspected of being used in the four homicides, hoping people could help identify the car. Police said the vehicle sought is a dark gray or silver four-door Volkswagen with dark tinted windows, and appears to be a Jetta. Police did not say where the images were taken or what led them to suspect the car was involved in any of the crimes. "We have a very, very strong link," Albuquerque Mayor Tim Keller said Sunday. "We have a vehicle of interest ... We have got to find this vehicle."

Asia

China lengthens threatening military exercises vs Taiwan

BEIJING (AP)—China said Monday it was extending threatening military exercises surrounding Taiwan that have disrupted shipping and air traffic and substantially raised concerns about the potential for conflict in a region crucial to global trade.

The exercises would include anti-submarine drills, apparently targeting U.S. support for Taiwan in the event of a potential Chinese invasion, according to social media posts from the eastern leadership of China's ruling Communist Party's military arm, the People's Liberation Army.

The military has said the exercises involving missile strikes, warplanes and ship movements crossing the mid-line of the Taiwan Strait dividing the sides were a response to U.S. House Speaker Nancy Pelosi's visit to the self-ruled island last week.

China has ignored calls to calm the tensions, and there was no immediate indication when it would end what amounts to a blockade.

Taiwan's defense ministry said Sunday it detected a total of 66 aircraft and 14 warships conducting the naval and air exercises. The island has responded by putting its military on alert and deploying ships, planes and other assets to monitor Chinese aircraft, ships and drones that are "simulating attacks on the island of Taiwan and our ships at sea."

Meanwhile, Taiwan's official Central News Agency reported that Taiwan's army will conduct live-fire artillery drills in southern Ping-

tung County on Tuesday and Thursday, in response to the Chinese exercises.

The drills will include snipers, combat vehicles, armored vehicles as well as attack helicopters, said the report, which cited an anonymous source.

China claims Taiwan as its own territory and has threatened to annex it by force if necessary. The two sides split in 1949 after a civil war, but Beijing considers visits to Taiwan by foreign officials as recognizing its sovereignty.

Taiwan President Tsai Ing-wen has called on the international community to "support democratic Taiwan" and "halt any escalation of the regional security situation." The Group of Seven industrialized nations has also criticized China's actions, prompting Beijing to cancel a meeting between Foreign Minister Wang Yi and his Japanese counterpart, Yoshi- masa Hayashi.

China has cut off defense and climate talks with the U.S. and imposed sanctions on Pelosi in retaliation for her visit.

The Biden administration and Pelosi say the U.S. remains committed to the "one-China" policy that extends formal diplomatic recognition to Beijing while allowing robust informal relations and defense ties with Taipei.

The U.S. however criticized Beijing's actions in the Taiwan Strait, with White House press secretary Karine Jean-Pierre calling them "fundamentally irresponsible."

"There's no need and no reason for this escalation," Jean-Pierre said.

In Washington, Taiwan's de facto ambassador Bi-khim Hsiao said China had no reason to "be so furious," over Pelosi's visit, which follows a long tradition of American lawmakers visiting Taiwan.

"Well, you know, we have been living under the threat from China for decades," Hsiao told CBS News on Sunday. "If you have a kid being bullied at school, you don't say you don't go to school. You try to find a way to deal with the bully."

"The risks are posed by Beijing," Hsiao said.

On a visit to Myanmar, whose Chinese-backed military government has been accused of murdering its opponents, Chinese Foreign Minister Wang Yi said Washington was "taking the opportunity to build up its military deployment in the region, which deserves high vigilance and resolute boycott from all sides."

"China's firm stance" is aimed at "earnestly safeguarding peace across the Taiwan Strait and regional stability," Wang was quoted as saying by the official Xinhua News Agency.

Meanwhile, Australian Foreign Minister Penny Wong called for a cooling of tensions. "Australia continues to urge restraint, Australia continues to urge deescalation, and this is not something that solely Australia is calling for, and the whole region is concerned about the current situation, the whole region is calling for stability to be restored," Wong told reporters in Canberra.

exclusive economic zones and accused China of "raising tension and destabilizing the region." The Chinese Embassy in Australia replied to the trilateral statement, saying: "It is absolutely unacceptable for the finger-pointing on China's justified actions to safeguard state sovereignty and territorial integrity."

China's Hainan beach resort expands COVID-19 lockdowns

BEIJING (AP)—The capital of China's Hainan province has locked down its residents for 13 hours on Monday as a COVID-19 outbreak grows on the tropical island during the summer school holidays.

The temporary lockdown of Haikou city from 7 a.m. to 8 p.m. follows an ongoing and indefinite lockdown of the beach resort of Sanya since Saturday—which is confining vacationers to their hotels for a week—and lockdowns that started in four other cities in Hainan on Sunday. More than 470 new cases were recorded in the province on Sunday, of which 245 did not show symptoms. Overall, China reported more than 760 new daily cases, the National Health Commission said Monday. Some 80,000 tourists have reportedly been stranded by the lockdown in Sanya. Those wanting to depart have to test negative five times over seven days.

World

Cease-fire between Israel and Gaza militants holds overnight

GAZA CITY, Gaza Strip (AP)—A fragile cease-fire deal to end nearly three days of fighting between Israel and Palestinian militants in Gaza held throughout the night and into Monday morning—a sign the latest round of violence may have abated.

The flare-up was the worst fighting between Israel and Gaza militant groups since Israel and Gaza's Hamas rulers fought an 11-day war last year, adding to the destruction

and misery that have plagued blockaded Gaza for years.

Since Friday, Israeli aircraft had pummeled targets in Gaza while the Iran-backed Palestinian Jihad militant group fired hundreds of rockets at Israel.

Over three days of fighting, 43 Palestinians were killed, including 15 children and four women, and 311 were wounded, the Palestinian Health Ministry said. Israel said some of the dead were killed by mis-

fired rockets.

Israel on Monday said it was partially reopening crossings into Gaza for humanitarian needs and would fully open them if calm was maintained.

Life for hundreds of thousands of Israelis was disrupted during the violence. Security precautions imposed in recent days on residents of southern Israel were being gradually lifted Monday, the military said.

Firefighters battle blaze at Cuba tank farm for 2nd day



AP
People watch a huge plume of smoke rise from the Matanzas supertanker base, as firefighters work to douse a fire that started during a thunderstorm the night before, in Matanzas, Cuba, Sunday, Aug. 7, 2022.

HAVANA (AP)—Cuban firefighters were joined by special teams sent by Mexico and Venezuela on Sunday as they battled for a second day to control a fire blazing at a big oil tank farm in the western province of Matanzas.

The blaze began Friday night when lightning struck a storage tank during a thunder storm, and the fire spread to a second tank early Saturday, triggering a series of explosions, officials have said.

"The mission of the day is to keep the third tank cold,"

in hopes of preventing the flames from spreading into more of the site, provincial Gov. Mario Sabines said.

Most of the fuel held in the tank where the fire initially started was believed to have been consumed, officials said.

Authorities said a body found at the site Saturday had been identified as firefighter Juan Carlos Santana, 60. Officials previously said a group of 17 firefighters had gone missing while trying to quell flames, but there was no word if he was

one of those.

Conditions were still too dangerous to mount a search for the missing firefighters, officials said.

A total of 122 people were treated for injuries, including five that officials said were in critical condition.

The governor said 4,946 people had been evacuated, mostly from the Dubroq neighborhood, which is next to the Matanzas Supertanker Base in Matanzas city. The facility's eight huge storage tanks hold oil used to fuel electricity generation.

ASIAN BRIEFS

Australia calls for cooling of Taiwan Strait tensions

CANBERRA, Australia (AP)—Australian Foreign Minister Penny Wong on Monday called for a cooling of tensions after Beijing accused her of "finger-pointing" in her criticism of China's military exercises in response to U.S. House Speaker Nancy Pelosi's visit to Taiwan. Wong criticized China's launch of ballistic missiles during the ongoing air and sea drills around Taiwan, which Beijing claims as part of its territory. She also signed a joint statement with the United States and Japan on Saturday that condemned firing of missiles into Japanese

WORLD BRIEFS

Iran: Police arrest Afghan suspected of stabbing 10 to death

TEHRAN, Iran (AP)—Police in Iran arrested an Afghan man suspected of stabbing 10 other farm laborers to death following a quarrel over land, Iranian state media reported Monday. The rampage in a remote village in southeastern Iran was a rare such incident in the Islamic Republic. The official IRNA news agency said four Iranians and six Afghans were killed, and one farm worker was wounded in the

rampage on Sunday and was in hospital. According to the report, the suspect was mentally unbalanced.

Official: Gang kills, burns former Haitian senator, nephew

PORT-AU-PRINCE, Haiti (AP)—A former senator who worked for the Ministry of Social Affairs and Labor was killed in an upscale neighborhood near Haiti's capital and his body set on fire along with his nephew, Government Commissioner Jacques Lafontant told The Associated Press

on Sunday. The bodies of Yvon Buissereth and his unidentified nephew were found Saturday afternoon in the community of Laboule. That is near Pelerin, where President Jovenel Moïse was assassinated in his private home in July last year. Buissereth, director of Haiti's Public Company for the Promotion of Social Housing, and his nephew were traveling in a government-issued vehicle and were found inside the charred car, Lafontant said. He said a gang trying to control the area is likely to blame.

Health & Wellness

This advertorial
is sponsored by



Mayo Clinic Q and A: New variants of COVID-19

DEAR MAYO CLINIC: Cases of COVID-19 are once again surging in parts of the U.S., and I'm hearing about different strains, such as the BA.5 and BA.2.75 omicron subvariants. What do I need to do to keep my family safe, especially as I prepare to send my kids back to school? My children and I have received two doses of a COVID-19 vaccine and a booster vaccination.

ANSWER: Infections in the U.S. continue to rise, as COVID-19 continues to evolve and change. Omicron is a variant of COVID-19. A variant is a mutation that occurs in the virus over time.

Omicron BA.5 is causing an estimated 82% of COVID-19 cases in the U.S., according to the Centers for Disease Control and Prevention (CDC). BA.5 has properties associated with increased transmission of the virus, which is why it's become so prevalent in the U.S. and globally. It also has some properties of what we call "immune evasion" that allows the virus to sidestep some of the prior immunity from vaccination, a prior infection or both. What that means is if you have been previously infected or vaccinated, you may have reduced protection against being infected with BA.5 and developing mild to



Deni Valenzuela, 2, receives her first dose of the Pfizer COVID-19 vaccination from nurse Deborah Sampson while being held by her mother Xihuitl Mendoza at UW Medical Center - Roosevelt on June 21, 2022, in Seattle.

moderate illness.

While BA.5 may be the most dominant strain, it is not the only one public health officials are monitoring. Another subvariant known as BA.2.75, also unofficially known as Centaurus, is being monitored by the World Health Organization (WHO) and the CDC.

Since it was detected in India in May, cases of BA.2.75 have been reported in more than a dozen countries.

BA.2.75 has multiple mutations in the gene encoding for the spike protein of the virus. That is the part of the virus that sticks out and binds to the host cell receptor. Those muta-

tions allow the virus to bind to that receptor more efficiently, meaning it can infect human cells better. And it also has mutations that may make your antibodies, which are generated in response to vaccination, less able to bind or neutralize the virus. Once again, there is some concern that this virus

may be able to spread quicker and evade immunity from vaccination or prior infection.

While this strain is currently causing a low number of infections in the U.S., that could change over the near future. That's because BA.2.75 seems to more efficiently spread from person to person. No solid data suggest that it causes more severe disease, but it's important to point out that as more people are infected, even with a less virulent strain, the chances that the virus will infect someone who is more susceptible to severe infection increases. Those who are immunocompromised could still end up with severe disease and be hospitalized. It is a concern whenever a virus can infect people at a higher rate because the chances that the virus will infect a person who is highly susceptible to worse outcomes then increases.

Looking ahead as children across the nation ready for the return to the classroom, it is going to be important to keep an eye on the rate of infection. The fact that many children have already received their COVID-19 vaccination is a good thing, but I would be mindful about continuing with safety protocols as kids head back to school. There definitely is a concern that as we

move into the fall and winter months of 2022, and then into 2023, that the new strains of the virus, including BA.2.75, may cause an increased number of infections.

I also recommend that you speak to your health care team about whether you might qualify to receive an additional booster vaccination. Depending on your health history and risk factors, you may be eligible. Vaccination for COVID-19 is still the best way to reduce infections, hospitalizations and deaths.

In the meantime, continue to practice safety measures, including practicing good hand hygiene, and wearing a mask when around someone who is ill, in large crowds or if you know you have been exposed. Also, keep a close eye on the booster vaccination recommendations from the CDC and WHO. It is likely that coming into the fall and winter months of this year, there may be a reformulated COVID-19 vaccine available that people will have access to that will hopefully provide better protection against some of the newer strains of COVID-19.—Dr. Matthew Binnicker, Laboratory Medicine and Pathology, Mayo Clinic, Rochester, Minnesota

ON NUTRITION

By BARBARA INTERMILL
MONTEREY HERALD

Reader Ann F. writes: "I remember learning a bit about incomplete proteins a long time ago, and that if you combined, say, beans with corn, you had a complete protein, much as if you'd eaten eggs, or meat, or cottage cheese. I always assumed that you should eat them at the same meal.

But I'm wondering, suppose you had one incomplete for breakfast, and the other for lunch—or for dinner—or maybe even the next day? I looked online, but didn't learn anything about timing.

So I'd be interested in your take on this, and also on amounts—should the servings be of equal size, or, for an example, would a spoonful of corn with a big serving of beans, or vice versa, work just fine?

And I wonder if some combinations are better than others. Is a peanut butter sandwich (whole wheat bread), for example, any better or worse than beans and corn? Or is it just a good idea to eat a big va-

Questions about incomplete proteins



ALEXANDRE DVIHALLY/DREAMSTIME/TNS

Experts say the best balance of plant-based proteins comes from eating grain foods (which are limited in the essential amino acid lysine, but have a good amount of methionine and cysteine) as well as legumes (which have enough lysine, but are lower in methionine and cysteine).

riety of foods?"

Great questions, Ann, because guidance on this issue has changed over the years. According to the most recent position paper on vegetarian diets by the Academy of Nutrition and Dietetics (eatright.org), protein from a variety of plant foods eaten during the course of the day supplies enough essential amino acids to meet your protein needs. (Amino acids are required to "build" more

than 100,000 different proteins in the human body.)

Experts say the best balance of plant-based proteins comes from eating grain foods (which are limited in the essential amino acid lysine, but have a good amount of methionine and cysteine) as well as legumes (which have enough lysine, but are lower in methionine and cysteine).

Thus, a diet that includes grains such as wheat, oats, rice

and corn (corn is considered a grain as well as a vegetable) in addition to legumes like beans and peas can provide all the building blocks your body needs to make complete proteins.

Soybeans are also legumes, and here's their claim to fame: Because they contain all the essential amino acids we need, they are considered a complete plant protein.

To use your examples, then, corn and beans in normal portions would fill each other's protein "gaps" whether you ate them at the same time ... or not. Likewise, peanut butter (peanuts are legumes) and bread (grain) are also complementary.

And yes, the more variety of foods one eats on a vegetarian diet, the better, say experts. Besides legumes and grain combinations such as bean burritos or lentils and rice, don't forget that most vegetables also contain small amounts of protein to contribute.

Choose these foods throughout the day to assure your body gets all the ingredients it needs to build a strong you!

Healthy Living

Food and fiber

Doctors recommend that we eat 12-18 grams of soluble plant fiber daily to help keep cholesterol levels under control.

Grams of soluble fiber in these high-fiber foods

- 3** 1/2 cup lima beans
1/2 cup brussels sprouts
- 2** 1/2 cup black, navy or pinto beans
- 1** 1/2 cup oatmeal or a medium apple

Source: U.S. National Heart, Lung and Blood Institute, American Dietetic Association, TNS Photo Service

Life & Style

Brad Pitt's 'Bullet Train' pulls into station with \$30.1M

NEW YORK (AP)—The stylized action romp “Bullet Train,” starring Brad Pitt, arrived with a \$30.1 million opening weekend, according to studio estimates Sunday, as the last big movie of Hollywood’s summer recovery landed in theaters.

The “Bullet Train” debut for Sony Pictures was solid but unspectacular for a movie that cost \$90 million to make and was

propelled by Pitt’s substantial star power. Even if it holds well in coming weeks, movie theaters have no major studio releases on the horizon for the rest of August, and few sure things to look forward to in early fall.

While late summer is always a quiet period in theaters, it will be especially so this year—and likely to sap some of the momentum stirred by “Top Gun: Maverick,” “Jurassic World:

Dominion,” “Minions: The Rise of Gru” and others. After a comeback season that pushed the box office close to pre-pandemic levels, it’s about to get pretty quiet in cinemas.

“It’s definitely going to be quieter, like the calm after the storm,” said Paul Dergarabedian, senior media analyst for data firm Comscore. “But that doesn’t mean there’s not going to be great movies out there and

perhaps the good will generated by some of those films might be enough to buoy the box office until we get into the blockbuster corridor with ‘Black Panther: Wakanda Forever’ and ‘Avatar 2’ down the road. We have to expect that we’re not going to be able to keep up the pace we had this summer.”

As the last big summer movie to leave the station, “Bullet Train” hopes to keep riding for

the coming weeks. That would be in line with the playbook of some other original, August-released summer movies like “Free Guy” and “Crazy Rich Asians.” Directed by David Leitch (“Atomic Blonde,” “Deadpool 2”), “Bullet Train” gathers a number of assassins (co-stars include Aaron Taylor-Johnson and Brian Tyree Henry) together on a speeding train running from Tokyo to Kyoto.

As one of the few original would-be summer blockbusters without big-name intellectual property behind it, the R-rated “Bullet Train” might have come into the weekend with more momentum if reviews had been stronger. With a low 54% fresh rating from critics on Rotten Tomatoes, “Bullet Train” was only slightly better received by audiences, who gave the film a B+ CinemaScore. The film added \$32.4 million in overseas box office.

The weekend’s other new wide release, “Easter Sunday,” struggled to catch on. The Universal Pictures comedy, starring comic Jo Koy as an actor attending his family’s Easter Sunday celebration, won praise for its Filipino representation but drew even worse reviews than “Bullet Train.” It opened with \$5.3 million in ticket sales.

Instead, “Bullet Train” was trailed by a number of holdovers, including Warner Bros.’ “DC League of Pets.” The animated release grossed \$11.2 million in its second week of release.

Jordan Peele’s “Nope,” the Universal sci-fi horror release, continued to perform well, earning \$8.5 million in its third weekend. With \$98 million in tickets sold, “Nope” will soon

surpass \$100 million at the domestic box office.

Taika Waititi’s “Thor: Love and Thunder,” for the Walt Disney Co., came in fourth with \$7.6 million in its fifth weekend. It’s now up to \$316.1 million, making it the highest grossing Thor movie domestically. With \$699 million globally, “Love and Thunder” is less likely to catch the \$854 million worldwide haul of 2017’s “Thor: Ragnarok.”

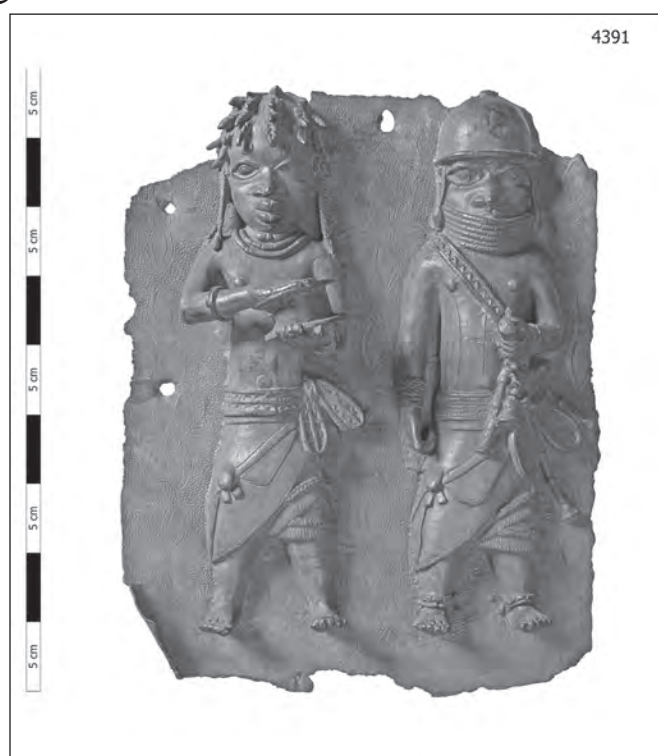
In limited release, A24’s “Bodies Bodies Bodies” launched on six screens in New York and Los Angeles with \$226,525 in ticket sales, good for a per-screen average of \$37,754. The horror comedy about rich 20-somethings at a remote house party, with a cast including Amandla Stenberg, Maria Bakalova and Pete Davidson, expands nationwide on Friday.

UK museum agrees to return looted Benin Bronzes to Nigeria

LONDON (AP)—A London museum agreed Sunday to return a collection of Benin Bronzes looted in the late 19th century from what is now Nigeria as cultural institutions throughout Britain come under pressure to repatriate artifacts acquired during the colonial era.

The Horniman Museum and Gardens in southeast London said that it would transfer a collection of 72 items to the Nigerian government. The decision comes after Nigeria’s National Commission for Museums and Monuments formally asked for the artifacts to be returned earlier this year and following a consultation with community members, artists and schoolchildren in Nigeria and the U.K., the museum said.

“The evidence is very clear that these objects were acquired through force, and external consultation supported our view that it is both moral and appropriate to return their ownership to Nigeria,” Eve Salomon, chair of the museum’s board of trustees, said in a statement. “The Horniman is pleased to be able to take this step, and we look forward to working with the NCMM to



This handout photo provided by Horniman Museum and Gardens shows a brass plaque depicting a war chief and a royal military priest carrying a leather gift box. secure longer term care for these precious artifacts.”

The Horniman’s collection is a small part of the 3,000 to 5,000 artifacts taken from the Kingdom of Benin in 1897 when British soldiers attacked and occupied Benin City as Britain expanded its political

and commercial influence in West Africa. The British Museum alone holds more than 900 objects from Benin, and National Museums Scotland has another 74. Others were distributed to museums around the world.

The artifacts include plaques,

animal and human figures, and items of royal regalia made from brass and bronze by artists working for the royal court of Benin. The general term Benin Bronzes is sometimes applied to items made from ivory, coral, wood and other materials as well as the metal sculptures.

Countries including Nigeria, Egypt and Greece, as well indigenous peoples from North America to Australia, are increasingly demanding the return of artifacts and human remains amid a global reassessment of colonialism and the exploitation of local populations.

Nigeria and Germany recently signed a deal for the return of hundreds of Benin Bronzes. That followed French President Emmanuel Macron’s decision last year to sign over 26 pieces known as the Abomey Treasures, priceless artworks of the 19th century Dahomey kingdom in present-day Benin, a small country that sits just west of Nigeria.

But British institutions have been slower to respond.

Nigeria’s Federal Ministry of Information and Culture formally asked the British Museum to return its Benin Bronzes in October of last year.

Teenagers’ breakup puts parents in awkward spot

DEAR ABBY: A couple of weeks ago, my 17-year-old daughter broke up with “Matt,” her boyfriend of a year and seven months. My husband and I are sad because Matt had become a part of our family. We included him in vacations and holidays with us. We also became friends with his parents and shared a couple of holidays with them.

I have not communicated with them since the breakup, and I feel horrible. I’m not sure what’s proper etiquette in this situation. Should I reach out to Matt’s mom or just leave it alone? I don’t have hard feelings toward them, but then again, my daughter broke up with Matt and not vice versa. Let me know what you think.

BROKEN UP OVER BREAKUP

DEAR BROKEN UP: Young love doesn’t always last forever, which can be a good thing. I see no harm in waiting a few more weeks until things cool down and then reaching out to Matt’s mother. Tell her you are sorry about the breakup and hope it doesn’t spell the end of your relationship with her, which you have very much enjoyed. Her response will tell you if she feels the same.

■■■■■

DEAR ABBY: We are a couple, married for 46 years. Of

course, one of us will be passing on in the future. If my husband goes first, I’m unsure about how to handle any services for him. He has narcissistic personality disorder and, over the course of our marriage, he has made my life a living hell. I have grown to despise him.

I need to be respectful of his children and friends. Only a few close women friends know the situation. I want to have a proper remembrance for them that won’t involve too much of my presence. He will be cremated per his request. Can you suggest how I should handle this?

CAREFUL IN CALIFORNIA

DEAR CAREFUL: Discuss this with the person who will officiate at the memorial service when the time comes. Be as active a participant as you would like. Leaving the eulogizing to the people who loved him — his friends and children—is your privilege.

■■■■■

DEAR ABBY: My daughter is 38 and still can’t forgive me for being an alcoholic when she was young. Will I never be forgiven? I have had my drinking under control for six years now. What else can I do? I don’t want to leave this world and not be good with her. It’s killing me. I need my baby girl back.

SOBER MOM IN KENTUCKY

DEAR ABBY

By **ABIGAIL VAN BUREN**
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeane Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



DEAR MOM: You didn’t mention what personality changes you experienced when your daughter was young. Whether you were abusive or emotionally absent, the truth is she “lost” her mother during that period. You may need your baby girl back, but that baby is long gone. If you are not in AA, you should definitely attend some meetings to see how other parents cope with their loss.

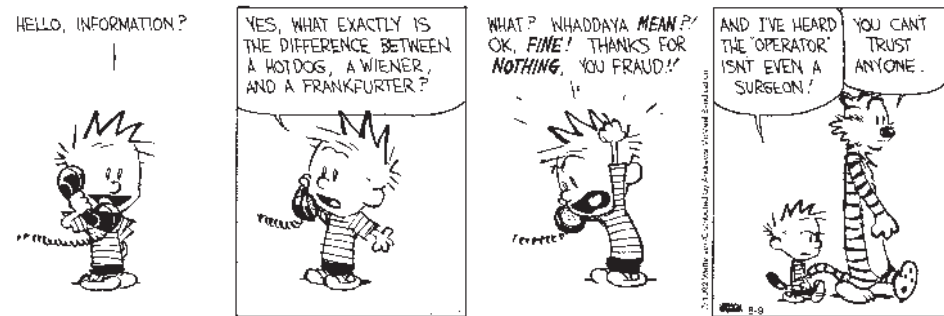
■■■■■

Good advice for everyone — teens to seniors — is in “The Anger in All of Us and How to Deal With It.” To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis



Adam@home

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The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 Screen star Lamarr
5 Abrupt turn
8 Wild party
12 Half a sextet
13 Equi-
14 Tennis great Arthur
15 Crystal-tapping sound
16 Solicit
18 Funnel-shaped bloom
20 Herring's cousins
21 Squealer
22 Chemical suffix
23 Montana city
26 Scare badly
30 Buck-eyes' sch.
31 Tibetan bovine
32 "Ulalume" writer
33 Dress store section

DOWN

1 URL opener
2 Toledo's lake
3 Force
4 Dairy case
5 "Hush!"
6 On the
7 Inherited
8 Tub user
9 China setting
10 Not barefoot
11 Coop group
17 "It Romantic?"
19 Scot's refusal
22 "A spider!"
23 Jazzy style
24 Exploit
25 Boy king
26 Mas' mates
27 Wall St. debut
28 Dandy guy
29 "You bet!"
31 However
34 ICU hookup
35 Pond duck
36 In shape
37 Hermits
39 Davis of "Jezebel"
40 Actor Omar
41 Quite
42 Lay — the line
43 Nabokov novel
44 Love god
45 "— 18" (Uris novel)
46 Right angles
48 Raggedy doll

Solution time: 22 mins.

S	J	B	J	H	E	M	F	C	S		
R	E	E	A	D	O	A	L	I	A		
A	S	S	T	G	O	T	R	E	A	D	Y
G	A	S	L	O	G	I	O	L	M	E	S
A	B	L	E	C	L	I					
G	C	T	G	O	I	N	G	A	N	N	A
E	V	E	E	N	D	A	T	G	I	N	
M	A	R	C	G	O	T	A	L	O	N	G
T	R	I	V	I	A	F	E	S	T	F	F
G	O	T	O	L	D	E	R	E	T	T	A
L	E	R	A	G	E	S	N	O	W		
F	E	S	I	M	O	U	I	A	N	S	

Yesterday's answer 8-9

CELEBRITIES BORN ON THIS DAY: Adelaide Kane, 32; Anna Kendrick, 37; Gillian Anderson, 54; Hoda Koth, 58.

Happy Birthday: Consider your strategy and be receptive to suggestions. How you conduct your life and deal with others will color the outcome. Anger will not win favors, but putting your energy into something you believe in or want to do will make you feel good. By being true to your beliefs and using your skills judiciously, you will reach your destination. Your numbers are 4, 8, 13, 27, 33, 43, 49.

ARIES (March 21-April 19): Put your emotions on the back burner and do the right thing. Refuse to let emotions take over and lead you astray. Don't let the changes others make mess up your plans. Follow through with what makes sense to you. Nurture and conquer. **

TAURUS (April 20-May 20): Don't be your own worst enemy. By disregarding negativity, you'll find a unique way to use your skills to conquer your fears. Promote yourself instead of helping someone move into a position you want for yourself. Do what's best for you. *****

GEMINI (May 21-June 20): You have the drive and fortitude to reach your goal. Take ownership of the way you present what you want others to experience. Your hands-on approach will give you the additional push to move forward. Don't underestimate your willpower to win. ***

CANCER (June 21-July 22): Extra details will pay off. Pay attention to what others say and do, and you'll uncover

what's missing that can make a difference between getting things done on time or falling short of your mark. Dance to your unique ***

LEO (July 23-Aug. 22): Broaden your outlook and ask questions; the possibilities you encounter will be endless. Trust and believe in your ability to get things done and to enlighten yourself along the way. Show compassion, and you will receive the same in return. ***

VIRGO (Aug. 23-Sept. 22): Say something and end a troubling situation. Don't get involved in joint ventures or split an expense that isn't as applicable to you as it is to someone else. Take charge, make a positive change and relax. *****

LIBRA (Sept. 23-Oct. 22): Proceed with caution. How you treat your peers or those you live with will determine who includes you in their plans. Criticize less. Willingly do things that help you win favors from those who matter. Say no to temptation. **

SCORPIO (Oct. 23-Nov. 21): Emphasize how much your relationships mean to you. Getting along is half the battle when trying to get things done that require assistance. Don't promise anything or take on responsibilities that infringe on time you've already allocated elsewhere. ****

SAGITTARIUS (Nov. 22-Dec. 21): Spend more time at home or with friends or relatives who offer solid advice and hands-on help. Don't trust someone who is all talk and little action or who tries to manipulate you to change how you think, live or act. ***

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Make a transitional change if that's what's required. Don't let someone dictate how and what you strive to achieve. Voice your opinion, live up to your standards and follow your heart. Romance will enhance your personal life. ***



AQUARIUS (Jan. 20-Feb. 18): Stand your ground, but don't lose sight of what's important to others. Be willing to give others the freedom you wish for yourself, and you'll eliminate friction. Take care of matters personal to you. Don't change what doesn't require altering. ***



PISCES (Feb. 19-March 20): You'll get help, but it won't be cheap. Expect to give something in return, and you'll gain respect and find a workable solution for additional concerns. Networking will lead to new possibilities. A verbal contribution will confirm your spot. ****

Birthday Baby: You are passionate, flexible and creative. You are outgoing and opportunistic.

©: Avoid conflicts; work behind the scenes. **: You can accomplish, but don't rely on others. ***: Focus and you'll reach your goals. ****: Aim high; start new projects. *****: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku

By Dave Green

	5				1		8	
8		6		9				3
		1				7	2	
3			5	2				
	2						6	
			1	9				2
	6	3				2		
9				7		4		6
	8		9				3	

Difficulty Level ★★

8/09

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

1	6	8	9	4	5	2	3	7
5	9	7	2	1	3	8	6	4
4	2	3	8	7	6	9	1	5
3	7	6	4	9	1	5	8	2
8	4	9	5	3	2	6	7	1
2	5	1	7	6	8	3	4	9
6	3	5	1	2	4	7	9	8
7	1	2	3	8	9	4	5	6
9	8	4	6	5	7	1	2	3

Difficulty Level ★

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

I'M JUST AGOG ABOUT ...

Solution: 8 letters

V G P R O J E C T R A V E L C
S O N H O S T R Y Y T R A P E
E Y L I I S E C A R N I V A L
N E A U P C C D L L A B V N E
T X R D N P H H P A A S C X B
H C N O I T O M O R P U A I R
U I C F R L E H B O L P R A O A
S T F I G T O E S K L P D O U
I E B E I C C H R E E R V S I
A D I S C U A O A E A I E D O
S S I T E N W M C N R S N A N
T V S A E M A G P D N E T T A
I F R I D A Y D O I N S U I L
C Y R A S R E V I N N A R N A
N O I T I T E P M O C G E G G

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Adventure, Anniversary, Anxious, Assist, Attend, Ball, Barbecue, Birthday, Camping, Carnival, Cars, Celebration, Competition, Concert, Cruise, Dance, Dating, Enthusiastic, Excited, Fiesta, Friday, Gala, Game, Gifts, Holidays, Host, Keen, Learn, Party, Play, Project, Promotion, School, Shopping, Surprises, Travel, Visit, Volunteer, Work
Yesterday's Answer: Guards
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STUMPED?

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Kremlin says Griner swap must be discussed without publicity



MOSCOW (AP)—The Kremlin said Friday that it's open to talking about a possible prisoner exchange involving American basketball star Brittney Griner but strongly warned Washington against publicizing the issue.

Griner, a two-time U.S. Olympic champion and an eight-time all-star with the WNBA's Phoenix Mercury, has been detained in Russia since Feb. 17 after police at a Moscow airport said they found vape cartridges containing cannabis oil in her luggage.

A judge convicted the 31-year-old athlete Thursday of drug possession and smuggling, and sentenced her to nine years in prison. The politically charged case comes amid high tensions between Moscow and Washington over Russia's military action in Ukraine.

Asked at the White House Friday about the prospects of securing Griner's release, President Joe Biden said: "I'm hopeful ... We're working hard."

In an extraordinary move, U.S. Secretary of State Antony Blinken spoke last week to Russian Foreign Minister Sergey Lavrov, urging him to accept a deal under which Griner and Paul Whelan, an American jailed in Russia on espionage charges, would go free.

Lavrov and Blinken were both in Cambodia on Friday for a meeting of the Association of Southeast Asian Nations. Blinken did not even glance at his Russian counterpart as they took their seats at an East Asia Summit.

Lavrov told reporters that Blinken didn't try to contact him while they were attending the ASEAN meeting.



WNBA star and two-time Olympic gold medalist Brittney Griner is escorted from a court room after a hearing, in Khimki just outside Moscow, Russia, Thursday, Aug. 4, 2022.

"We were separated by just one person at the discussion table, but I didn't feel his desire to catch me. My buttons are all in place," he said when asked about Washington's statement that Blinken would try to buttonhole Lavrov for a quick interaction in Phnom Penh.

Lavrov said Moscow was "ready to discuss" a prisoner swap but that the topic should only be discussed via a dedicated Russia-U.S. channel that Biden and Russian President Vladimir Putin agreed to establish when they met in Geneva in June 2021.

"If the Americans again try to engage in public diploma-

cy and make loud statements about their intention to take certain steps, it's their business, I would even say their problem," Lavrov said. "The Americans often have trouble observing agreements on calm and professional work."

In Moscow, Kremlin spokesman Dmitry Peskov made the same point more harshly, saying "the U.S. already has made mistakes, trying to solve such problems via 'microphone diplomacy.' They are not solved that way."

He, too, emphasized that any discussions on a possible trade should be held via the previously established confidential channels that Putin

and Biden agree to during last year's summit.

"Such mechanisms exist, but they will be thrown into doubt if the discussion continues in the public domain," Peskov said. He said: "If we discuss any nuances related to the issue of exchange via media, no exchange will ever take place."

People familiar with the U.S. proposal have said it envisions trading Griner and Whelan for a notorious Russian arms trader, Viktor Bout. He is serving a 25-year sentence in the U.S. after being convicted of conspiracy to kill U.S. citizens and providing aid to a

terrorist organization.

The call between Blinken and Lavrov marked the highest-level known contact between Washington and Moscow since Russia sent troops into Ukraine more than five months ago, underlining the public pressure that the White House has faced to get Griner released.

Griner was arrested as she was returning to play for a team in Russia, where she has competed since 2014. Blinken said Friday that her conviction and sentence "compounds the injustice that has been done to her."

"It puts a spotlight on our very significant concern with Russia's legal system and the Russian government's use of wrongful detentions to advance its own agenda using individuals as political pawns," he said.

On Thursday, Biden denounced the Russian judge's verdict and sentence as "unacceptable" and said he would continue working to bring Griner and Whelan home.

A look at Brittney Griner's career on, off basketball court

A timeline of key events in Brittney Griner's career on and off the basketball court:

■ Oct. 18, 1990: Brittney Griner was born in Houston.

■ 2009: Led Nimitz High School to Texas 5A girls basketball state championship game where they lost. The 6-foot-7 star dunked 52 times as a senior, including seven times in one game against Aldine High School.

■ 2009-10: Set NCAA single season record with 223 blocks as a freshman at Baylor. Became the seventh women's basketball player to ever dunk in college.

■ 2011-12: Led Baylor to a 40-0 record and earned Associated Press Player of the Year honors averaging 23.2 points, 9.4 rebounds and 5 blocks.

■ April 3, 2012: Had 26 points, 13 rebounds and 5 blocks in NCAA title game as Baylor beat Notre Dame 80-61. She earned Most Outstanding Player honors of the Final Four.

■ April 15, 2013: Was No. 1 pick in the WNBA draft, selected by the Phoenix Mercury.

■ 2014: Helped Phoenix to 29-5 record — most wins in WNBA history — and the franchise's third league championship.

■ Aug. 14, 2014: Got engaged to fellow WNBA player Glory Johnson. Eight months later, they were both arrested on charges of

assault and disorderly conduct after police responded to a fight between them.

■ May 15, 2015: Griner and Johnson were suspended seven games by the WNBA after pleading guilty to disorderly conduct charges.

■ 2015 and 2016: Played in Russia for UMMC Ekaterinburg and won consecutive championships with that team. Has played in the winter with Ekaterinburg ever since.

■ Aug. 20, 2016: Helped lead U.S. to sixth consecutive Olympic gold medal at Rio Games.

■ June 18, 2019: Married Cherelle Griner.

■ Aug. 8, 2021: Helped U.S. win seventh consecutive Olympic gold medal at Tokyo Games. She averaged 16.5 points to lead the U.S.

■ Feb. 17, 2022: Arrested for drug possession at airport outside of Moscow while returning to Russia from a FIBA World Cup qualifier break.

■ July 1, 2022: Trial started in court outside of Moscow.

■ July 7, 2022: Pled guilty to drug possession charges, saying: "There was no intent. I didn't want to break the law."

■ Aug. 4, 2022: Sentenced to nine years in a Russian prison for drug possession. (AP)

Brittney Griner recognized with WNBA moment of silence

UNCASVILLE, Conn. (AP)—Following Brittney Griner's sentencing in Russia to nine years in prison Thursday, WNBA players, coaches and fans locked arms and tried to send the American basketball star strength during a moment of silence.

Before the Connecticut Sun beat the Phoenix Mercury 77-64, players from both teams met at midcourt and silently bowed their heads for 42 seconds — a nod to Griner's jersey number with the Mercury.

"Nobody wanted to even play today," said Phoenix guard Skylar Diggins-Smith, who scored 16 points to lead the Mercury. "How are you supposed to approach the game and court with a clear mind? The whole group is crying before the game. You try to honor her and still play

hard for her. Regardless of whether she's here or not. Right now, we still got to try and keep her spirit alive. Honor her spirit."

The Mercury watched the verdict together in the morning right before the team had its pregame shootaround.

"I mean, it's like you're waiting for a bomb to drop watching it, seeing her behind bars," Mercury guard Diamond DeShields said.

Diggins added that it was "a helpless feeling. It's heavy."

"Obviously, it's devastating," DeShields said. "You can't say anything other than that. I know personally, I'm really proud to be part of this group and the way they showed up and came out and played. We approached the game tonight with a heavy

heart, as we have every game this season."

Sun coach Curt Miller wore a "WE ARE BG" t-shirt.

Griner, a two-time U.S. Olympic champion and an eight-time WNBA all-star, was convicted of drug possession and smuggling by Judge Anna Sotnikova.

She was sentenced for nearly a decade in a politically charged case that could lead to a high-stakes prisoner exchange between Washington and Moscow.

Griner showed little emotion to the sentence, but her lawyers said later she was "very upset, very stressed."

U.S. President Joe Biden denounced as "unacceptable" the verdict and sentence, which came amid soaring tensions between the U.S. and Russia over

Ukraine. Griner had told the court she had no intention to break the law by bringing vape cartridges with cannabis oil when she flew to Moscow to play basketball in the city of Yekaterinburg during the WNBA offseason.

While her short-handed WNBA team played without her on the road, Jonquel Jones had 14 points and 10 rebounds and Brionna Jones added 13 points and nine rebounds for the Sun.

Phoenix (13-19) was also without Diana Taurasi, who didn't play due to a leg injury, for the first time this season.

Courtney Williams scored 11 points and Alyssa Thomas had nine points, 13 rebounds and six assists for Connecticut (22-10). The Sun also beat Phoenix 87-63 on Tuesday.

Cardinals sweep skidding Yankees to win 7th straight



ST. LOUIS (AP)—Nolan Arenado and Paul DeJong both homered and drove in four runs to help the St. Louis Cardinals outlast the New York Yankees 12-9 on Sunday, completing a three-game sweep.

St. Louis won its season-high seventh straight in a slugfest that took 4 hours, 25 minutes—the longest nine-inning game in the majors this season.

DJ LeMahieu homered and Aaron Judge had four RBIs for the AL-leading Yankees, who have lost five in a row. It's their worst skid since a seven-game slide last September.

St. Louis (60-48) moved a season-best 12 games over .500 with its first regular-season series sweep of the Yankees. The surging Cardinals are two games ahead of second-place Milwaukee in the NL Central.

St. Louis became the first team to sweep the Yankees in a series of at least three games this year. Atlanta and the New York Mets are the only clubs in the majors to avoid that fate so far.

Frankie Montas struggled in his Yankees debut. New York manager Aaron Boone and pitching coach Matt Blake were ejected.

Mets 5, Braves 2

In New York, Jacob deGrom struck out 12 and carried a perfect game into the sixth inning of his second start all season, pitching New York past Atlanta for its 12th victory in 14 games.

Pete Alonso drove in two runs and the first-place Mets matched a franchise record with 19 strikeouts — including three in a row from Edwin Díaz to earn his 26th save. They took four of five from Atlanta in their NL East showdown, extending their division lead to 6 1/2 games over the defending World Series champions.

Pitching at home for the first time in 13 months, a dominant deGrom (1-0) retired his first 17 batters — 12 on strikeouts — before walking No. 9 batter Ehire Adrianza with two outs in the sixth.

Dansby Swanson followed with a two-run homer on the 76th and final pitch from deGrom, making it 5-2. The two-time Cy Young Award winner returned Tuesday at Washington from a string of injuries for his first major league start since July 7, 2021.

Making his 200th major league start, deGrom finished with the most strikeouts by a Mets pitcher this season.

Dodgers 4, Padres 0

In Los Angeles, Cody Bell-

inger hit two homers, Tyler Anderson allowed two hits over seven sparkling innings and Los Angeles completed a statement-making sweep of the revamped San Diego Padres.

Freddie Freeman had two RBI singles in the major league-leading Dodgers' eighth consecutive victory and their 30th in 35 games.

The Dodgers' sweep was also a strong reply to San Diego's bold moves at the trade deadline to acquire Juan Soto, Josh Bell and Brandon Drury. After largely standing pat at the deadline, Los Angeles coolly opened a whopping 15 1/2-game lead in the NL West while outscoring the second-place Padres by a combined 20-4 in three victories at Chavez Ravine.

Los Angeles has won 17 of its last 19 meetings with the Padres, who dropped to 1-4 with four consecutive defeats since their new sluggers arrived Wednesday, culminating in only their second shutout loss since May 18. The team sometimes known as Slam Diego also hasn't homered during its four-game skid, and it managed only two hits in the series finale.

Soto went 0 for 2 with two walks, going hitless for the first time since joining San Diego in one of the biggest trades in baseball history.

Guardians 1, Astros 0

In Cleveland, Triston McKenzie held Houston to two hits and struck out eight in eight innings, Luke Maile homered for the first time in three years and Cleveland blanked Houston.

McKenzie (8-8) retired 15 straight batters before pinch-hitter Kyle Tucker walked in the eighth. Pinch-hitter Jose Altuve then bounced into an inning-ending double play.

Maile connected in the fifth off hard-luck loser Christian Javier (6-8), who is 0-5 over his last six starts.

Emmanuel Clase struck out two of the three hitters he faced for his 24th save in 26 opportunities. The win gave Cleveland a split of the four-game series against the AL West leaders.

Blue Jays 3, Twins 2, 10 innings

In Minneapolis, Cavan Biggio hit a sacrifice fly in the 10th inning and Whit Merrifield scored on an overturned call to lead Toronto past Minnesota to split their four-game series.

Merrifield was originally called out at the plate trying to score the go-ahead run, but the call was reversed after Twins catcher Gary Sanchez was deemed to have interfered with Merrifield. Replay of-



St. Louis Cardinals' Paul DeJong watches his three-run home run during the eighth inning of a baseball game against the New York Yankees Sunday, Aug. 7, 2022, in St. Louis.

officials ruled Sanchez did not leave a clear lane to the plate for Merrifield, whose right foot collided with Sanchez's left leg as he slid into home. The out would have ended the inning.

After blowing a save opportunity in the ninth, Jordan Romano (4-3) closed out the Twins in the 10th with a 1-2-3 inning.

Phillies 13, Nationals 1

In Philadelphia, Darick Hall homered twice, Nick Maton and Rhys Hoskins each hit a two-run shot and Philadelphia finished a four-game sweep of Washington.

Aaron Nola (8-8) allowed one run in six innings to put the Phillies 12 games over .500 for the first time since August 2018.

Hall had a pair of solo homers against starter Cory Abbott (0-1). The Phillies hit 14 homers in the four games, their most in any series in franchise history. Hoskins went deep in all four games.

Rays 7, Tigers 0

In Detroit, Yu Chang and Yandy Diaz drew bases-loaded walks in a seven-run ninth inning to lead Tampa Bay over Detroit.

With the game scoreless, Isaac Parades hit a one-out single off Tigers closer Gregory Soto (2-6) and went to third on a two-out double by Francisco Mejia. Soto walked Jose Siri to load the bases, then missed on a 3-2 pitch to Chang. Soto also walked Diaz to make it 2-0.

Jason Foley replaced Soto and allowed a two-run single to Brandon Lowe, a two-run double by Randy Arozarena and an RBI single by Roman Quinn.

The Rays became the first team since 1900 to break a scoreless tie in the ninth in-

ning or later with seven or more runs, all with two outs, according to STATS.

Pirates 8, Orioles 1

In Baltimore, Bryse Wilson pitched effectively into the sixth inning, Ke'Bryan Hayes homered and Pittsburgh snapped Baltimore's five-game winning streak.

The Pirates also ended their own nine-game skid at Camden Yards, improving to 2-11 at the ballpark. Wilson (2-6) allowed a run and four hits in five-plus innings, and Pittsburgh broke the game open in the seventh after a replay review changed a call at the plate.

Orioles manager Brandon Hyde was ejected after that review.

Marlins 3, Cubs 0

In Chicago, Jesús Luzardo allowed one hit over seven innings for his first win since April, and Jacob Stallings and Peyton Burdick hit back-to-back home runs as Miami blanked Chicago to prevent a three-game sweep.

Yan Gomes singled with two outs in the fifth off Luzardo (3-4). Nick Madrigal's leadoff single in the ninth against Tanner Scott was Chicago's only other hit. Scott then got a groundout and two strikeouts for his 15th save.

Stallings hit a two-run shot off Adrian Sampson (0-3) in the fifth before Burdick connected for his first major league home run. He got his first career hit Saturday.

Diamondbacks 6, Rockies 4

In Phoenix, Daulton Varsho jogged home with the go-ahead run on a balk, Christian Walker clubbed a two-run homer and Arizona rallied to beat Colorado.

The Diamondbacks trailed

4-2 in the sixth inning but Emmanuel Rivera—added in a deal with Kansas City at the trade deadline—hit a solo shot that cut the deficit to one. It was his seventh homer of the year and first with his new team.

Arizona loaded the bases in the eighth off Rockies reliever Alex Colomé (2-6), who then balked, failing to come to a set position before delivering his pitch. That allowed Varsho to trot home for the go-ahead run before Sergio Alcántara pushed the lead to 6-4 with a sacrifice fly to left.

Mariners 6, Angels 3

In Seattle, Jesse Winker hit a grand slam, Marco Gonzales struck out seven and the Mariners beat the Angels as Shohei Ohtani received a visit from trainers and continued to struggle.

Winker's slam — the second of the season for Seattle and the third of Winker's career — put Seattle up 5-1 and helped the Mariners stay in third in the AL wild-card race. Eugenio Suárez added two hits and drove in a run.

Two-way sensation Ohtani was visited by trainers before his second at-bat after colliding with Gonzales near the on-deck circle, but stayed in the game.

Gonzales (7-11) snapped a two-game losing streak, giving up a walk and eight hits.

Andrés Muñoz, Penn Murfee and Paul Sewald combined for three scoreless innings of relief as Seattle improved to an AL-best 22-9 in its last 31 games. Sewald earned his 14th save in 17 attempts.

Reds 4, Brewers 2, 10 innings

In Milwaukee, Donovan Solano hit a sacrifice fly off Devin Williams (2-2) in the 10th

inning and Cincinnati beat Milwaukee.

Solano also had an RBI double in the eighth as the Reds won for the eighth time in 10 games.

Willy Adames and Keston Hiura homered for the Brewers. Hiura's solo shot in the ninth tied the game.

Third baseman Mike Brouseau made an error in the 10th that allowed the go-ahead run to score for the Reds.

Royals 13, Red Sox 5

In Kansas City, Mo., Royals rookie MJ Melendez hit a three-run homer in the fifth inning and had a career-high six RBIs to help Kansas City beat Boston.

The 7-8-9 hitters of Michael Massey, Nate Eaton and Kyle Isbel provided most of the production as they went a combined 6 for 9 with nine runs and five RBIs for the Royals.

Brad Keller (6-12) went six innings, allowing one run and four hits.

Giants 6, Athletics 4

In Oakland, Calif., Mike Yastrzemski homered twice, Thairo Estrada also connected and San Francisco topped Oakland to win its seventh consecutive interleague road game.

Logan Webb (10-5) bounced back from his worst outing of the season and allowed four hits in seven innings, helping the Giants take three of four in the Bay Bridge series. Austin Slater had a pinch-hit RBI double.

Seth Brown hit his 17th home run for the Athletics. Oakland put two runners on in the ninth against Camilo Doval before the closer struck out Brown and got Jed Lowrie to ground out for his 14th save.

White Sox 8, Rangers 2

In Arlington, Texas, Andrew Vaughn had a two-run homer among his three hits, Luis Robert socked a two-run double and AJ Pollock doubled twice in a three-hit game as Chicago beat Texas to split their four-game series.

Leury Garcia had three hits and scored twice, and Jose Abreu had three singles as the White Sox broke out offensively. They had 15 hits, five for extra bases, after being limited to four runs and 13 hits in the previous three games.

The White Sox pulled within two games of first-place Minnesota in the AL Central.

Garcia played shortstop in place of Tim Anderson, who began a two-game suspension for making contact with plate umpire Nick Mahrley during an argument on July 29.

Lucas Giolito (8-6) allowed one run in five innings to earn his second consecutive win.

Kim arrives on PGA Tour; wins Wyndham Championship

GREENSBORO, N.C. (AP)—The last five weeks feels like three months to 20-year-old Joohyung “Tom” Kim, and for good reason. The South Korean kid who named himself after a cartoon train is on the fast track.

He got a rare PGA Tour start in the Scottish Open because of his standing on a Korean tour points list, hopeful of doing well enough to get a shot at the Korn Ferry Tour finals.

Now he’s a PGA Tour winner who is No. 21 in the world and headed to the FedEx Cup playoffs, and he can probably count on a spot with the International team at the Presidents Cup.

All aboard with Tom the Train!

“It’s been a crazy month,” Kim said.

He announced his arrival on the PGA Tour at the Wyndham Championship, where



Joohyung Kim, right, of South Korea, raises the trophy after winning the Wyndham Championship golf tournament in Greensboro, N.C., Sunday, Aug. 7, 2022.

he began the tournament with a quadruple-bogey 8 and finished it with a 9-under 61 for a five-shot victory.

“I’m really, really happy for Tom,” said Sungjae Im, who completed the rain-delayed third round Sunday morn-

ing with a one-shot lead and couldn’t keep up with Kim, because no one could. Kim shot 27 on the front nine that left

everyone in his wake.

“He’s a great kid and to come out here and to win on tour as a nonmember and secure your card is really not an easy task and he achieved that,” Im said.

Kim, who turned 20 in June, is the second-youngest winner on the PGA Tour since World War II. Jordan Spieth was two weeks away from turning 20 when he won 2013 John Deere Classic.

The victory gave Kim instant membership on the PGA Tour, making him eligible for the FedEx Cup playoffs that start next week. He is No. 34, assured of playing two postseason events and with a reasonable shot at getting to the finale at East Lake.

Im had a 68 and tied for second along with John Huh (67).

Kim spent his developmental years in the Philippines and in Australia. He already had won

three times on the Asian Development Tour and once in Korea before making his American debut at age 18 in the 2020 PGA Championship at Harding Park.

As for the name? He was a big fan as a young boy of Thomas the Tank Engine in the TV series “Thomas & Friends.”

“You’re supposed to let your parents name yourself and I was like, ‘Nope, I’m to name myself Thomas.’ I loved the show as a kid. I haven’t watched it or anything, but apparently I really loved the train.”

The other option — he was a big “Toy Story” fan — would have been Buzz Lightyear. That would have worked. The kid is creating quite the buzz, and he’s light years ahead of others his age.

Only Rory McIlroy and Sergio Garcia were younger when they reached as high as No. 21 in the world ranking.

MAFNAS

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resting up, and eating properly was what I did to prepare for competition day,” he said.

Mafnas dedicated his victory to his family and little brother, who he also trains at Gold’s Gym.

“My family has seen how important this event was to me and gave me the support

necessary to make this happen. My little brother (Jose Mafnas) was my training partner the whole time and motivated me to step outside of my comfort zone.”

Coming in second to Mafnas was Joey Calisao who had a squat of 550 lbs, had a bench press of 275 lbs, and lifted 505 lbs on the deadlift. Tipping the

scales at 272 lbs, Calisalo finished with 344.71 points despite lifting a total of 1,330 lbs.

Completing the Top 3 among the men was 177-lb Jeffrey Seo who had lifts of 405 lbs (squat), 255 lbs (bench), and 440 lbs (deadlift) for a total of 1,100 lbs for 339.87 points.

For Alegre winning the

women’s division despite being the lightest in the field was a testament to her training.

“Being a lightweight lifting heavy is pretty impressive to me. I showed the people watching the reason why I continuously train at the gym. I love being a strong woman!” said the National Academy Sports Medicine-certified per-

sonal trainer and organizer of the SBD Powerlifting Meet.

The 132-lb Alegre topped her class after a squat of 215 lbs, a bench press of 115 lbs, and lifting 265 lbs on the deadlift. She finished with 300.3 points following her total weight of 595 lbs.

“Because it’s an open division and no weight class it was only fair to use the Wilks calculator. Wilks calculator is used to measure the strength of a powerlifter against other powerlifters despite the different weights of the lifters. So, based on Eric’s and my bodyweight and the Wilks calculator we lifted more,” she said.

Finishing second in the women’s category was Christy Aldan with lifts of 265 lbs (squat), 160 lbs (bench), and 335 lbs on the deadlift. The 20-year-old went

on to score 286.6 points based on her 221.4-lb bodyweight and 760-lb total lift.

Lalaine Santomin placed third after the 23-year-old lifted a total of 665 lbs (240 lbs squat, 155 lbs bench press, and 280 lbs deadlift) to finish with 281.53 points. Santomin tipped the scales at 170.4 lbs.

The Inaugural SBD Powerlifting Meet was performed with a Rogue Standard Bar and Hampton Olympic Rubber Coated Plates. Under the rules, each lifter was granted three attempts in a standard round-robin flight arrangement.

The competition was sponsored by Hyatt Regency Saipan, Michelob Ultra, Pure Water, PHI Pharmacy, Megabyte, 670 Rocksteady, and TBar.

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE				
East Division				
	W	L	Pct	GB
New York	70	39	.642	
Toronto	60	48	.556	9½
Tampa Bay	58	50	.537	11½
Baltimore	56	52	.519	13½
Boston	54	56	.491	16½
Central Division				
Minnesota	57	51	.528	
Cleveland	56	52	.519	1
Chicago	55	53	.509	2
Kansas City	44	65	.404	13½
Detroit	43	67	.391	15
West Division				
Houston	70	40	.636	
Seattle	59	51	.536	11
Texas	48	60	.444	21
Los Angeles	46	63	.422	23½
Oakland	41	68	.376	28½
NATIONAL LEAGUE				
East Division				
	W	L	Pct	GB
New York	70	39	.642	
Atlanta	64	46	.582	6½
Philadelphia	60	48	.556	9½
Miami	49	59	.454	20½
Washington	36	74	.327	34½
Central Division				
St. Louis	60	48	.556	
Milwaukee	58	50	.537	2
Cincinnati	44	63	.411	15½
Pittsburgh	44	64	.407	16
Chicago	43	64	.402	16½
West Division				
Los Angeles	75	33	.694	
San Diego	61	50	.550	15½
San Francisco	53	55	.491	22
Arizona	48	59	.449	26½
Colorado	48	63	.432	28½

BY THE ASSOCIATED PRESS



Eric Mafnas, right, and Jamila Alegre won the men’s and women’s divisions of the Inaugural SBD Powerlifting Meet champions last Sunday at Gold’s Gym Saipan.

SHERLYN

From Page 20

ing the sport after being invited by Terry Attao to play a round in 2007.

Coming in second to Jones in the August tournament was Clara Chang who finished with the same net score but lost in a scorecard tiebreaker.

The 21-handicapper shot her net of 67 following identical 44s in the front and back nines for her 88 gross. Third place went to Sunny Son,

who had a net 68 (86 gross, 43-43).

A total of 14 golfers took part in the CWGA August tournament. The rest were Mio Kim (net 70), Doll Yamagishi (net 70), Lorraine Babauta (net 74), Lou Kim (net 74), Flor Jones (net 75), Janet Torres (76), Emily Qiu (net 77), Yuko Togawa (net 80), Rose Rohringer (net 80), Nana Liu (net 90), and Betty



Jones

Bai (gross 99).

The club continues to look for new members as the 2022 season continues. For those interested in becoming a member of CWGA or for more information, contact Yuko Togawa at 287-9856, vice president Lorraine Babauta at 287-0621, or treasurer Lou Kim at 783-7317.

FITIAL

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great before, during, and after the fight. Of course, I wanted a win, but the journey and challenge, win or lose, is what keeps me going and motivated,” he told *Saipan Tribune*.

The former CNMI national cager and recent blue belt in Brazilian jiu-jitsu thanked all his family, friends, and fight fans who continue to support him whether he wins or lose.

“I would like to thank my wife, my family, and my fans for the love and support they’ve always given me. Also thank you to Junior Tafa for a great fight and to Hex Fight Series and staff for allowing me to fight in this event. Also thank you to my sponsors IT&E, DM Sablan Holdings, and to Blue Blood Muay Thai, Four Season Martial Arts, and to Trench Tech Gym,” he said.

Fitial now has lost his last five mixed martial arts fights.

Last April, Aaron Bush beat Fitial via submission in B2 Fighting Series 157 in Lexington, Kentucky.

A month before that in March, the CNMI’s pride lost to Dominique Steele via unanimous decision in B2 Fighting Series 152 in West Virginia.

In August 2021, Fitial was knocked out cold by Rakim Cleveland in B2 Fighting Series 132 in Kentucky.

Curiously, Fitial’s losing streak started in the Land Down Under when he succumbed to Ben Sosoli in Hex Fight Series 18 in March 2019.

Fitial’s last win he defeated Peter Miyasaki in Rites of Passage 21 “Throwdown” on Saipan in May 2017.

Shake “Pikaboo” Alvarez served as Fitial’s cornerman against Tafa in Hex Fight Series 23.



Kremlin says Griner swap must be discussed without publicity
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SAIPAN TRIBUNE

Mafnas, Alegre strongest in powerlifting tilt



JONATHAN IBAJAN

Inaugural SBD Powerlifting Meet champions Eric Mafnas, third from left, and Jamila Alegre, fourth from left, pose with the rest of the Top 3 winners in the men's and women's divisions following the competition Sunday at Gold's Gym Saipan. At right is Gold's Gym manager Tyce Mister.

By MARK RABAGO
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ASSOCIATE EDITOR

Eric Mafnas and Jamila Alegre went to school together growing up and probably played together in jungle gyms.

Last Sunday they had another thing in common after the former San Antonio Elementary School and Saipan Southern High School students won

Gold's Gym Saipan's Inaugural SBD Powerlifting Meet held last Sunday.

SBD stands for squat, bench, and deadlift and were

the challenges all 11 men and three women who participated performed.

Mafnas, a 23-year-old student at Northern Marianas College, topped the men's division with a total of 385.06 points.

His best squat was 480 lbs, posted 275 lbs on the bench press, and had a deadlift of 500 lbs for a total lift of 1,255 lbs. Taking into account his weight of 175 lbs, Mafnas earned the most points based

on the Wilks Formula.

"I was proud of all the lifters that competed for putting everything they had on the platforms. In fact I was surprised how strong everybody was."

Asked what was his secret for success on the one-day tournament, Mafnas attributed it to his laser focus on the squat, bench, and deadlift.

"Lots of percentage-based workouts dealing with my one-rep maxes. Training right,

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Fitial KO'd in second round by rising Tafa

By MARK RABAGO
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ASSOCIATE EDITOR

Aussie newcomer Junior Tafa knocked out the CNMI's Kelvin "The Big Hit" Fitial with a sharp uppercut to the chin with seconds left in the second round of their heavyweight

last Friday in Melbourne, Australia.

The loss dropped the 38-year-old Fitial's win-

loss-draw record to 15-13-2, while the win was only the second for the 25-year-old Queensland native Tafa.

Despite the loss, Fitial remained upbeat and was just glad he was able to show his wares again in the Land Down Under.

"This was a milestone in my career as I was able to combine all the different elements I've learned throughout the years. I felt

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Sherlyn Jones wins third CWGA tourney of '22



CONTRIBUTED PHOTO

Sherlyn Jones, seventh from left standing, topped the CNMI Women's Golf Association August tournament last Saturday at the Coral Ocean Resort.

By MARK RABAGO
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ASSOCIATE EDITOR

Sherlyn Jones completed a hat trick in the NMI Women's Golf Association after winning her third monthly tournament last Saturday at the Coral Ocean Resort.

The retired Commonwealth Health Center nurse won CWGA's August tournament after firing a net score of 67.

The Pohnpei, Federated States of Micronesia native actually carded a gross score of 83 (41-42), which minus her 16 handicap, gave her the



score to beat in the monthly tournament.

"Just a lucky day for me, because everyone did well," she told *Saipan Tribune*.

Jones added that last Saturday at the Agingan golf course was a perfect day for golf.

"The course was beautiful and the weather was perfect. I want to dedicate this win to my husband and children for their continuous love and support," she said.

Jones, who also won the January and May editions of the tournament, started play-

See SHERLYN on Page 19



CONTRIBUTED PHOTO

Kelvin "The Big Hit" Fitial, third from left, with Junior Tafa, second from left, after their heavyweight bout in Hex Fight Series 23 last Friday in Melbourne, Australia.